

What are THE MOST DANGEROUS E-NUMBERS:

Name	E Number	How it is used	What you should know
Allura Red AC	E129	Widely used as food colouring, in snacks, sauces, preserves, soups, wine, cider etc.	Avoid if you suffer from asthma, rhinitis (including hay fever) and urticaria (an allergic rash also known as hives)
Amaranth	E123	Food colour used in wine, spirits, fish roe	Banned in the US. Avoid if you suffer from asthma, rhinitis, urticaria and other allergies.
Aspartame Click here for more info	E951	Widely used as a sweetener in drinks, snacks, sweets, alcohol, desserts and 'diet' foods	Aspartame may affect people with PKU (phenylketonuria) Recent reports show the possibility of headaches, blindness and seizures with long-term, high-dose aspartame
Benzoic Acid	E210	Widely used preservative in many foods including drinks, low-sugar products, cereals and meat products	Can temporarily inhibit the function of digestive enzymes and may deplete glycine levels. Should be avoided by those with allergic conditions such as hay fever, hives and asthma.
Brilliant Black BN	E151	Widely used in drinks, sauces, snacks, wines, cheese etc	People who suffer from allergic conditions, asthma, rhinitis, urticaria, etc. should avoid this substance
Butylated Hydroxy-anisole (BHA)	E320	Very widely used as a preservative, particularly in fat containing foods, confectionary, meats	The International Agency For Research on Cancer says that BHA is possibly carcinogenic to humans. BHA also interacts with nitrates to form chemicals known to be mutagenic (cause changes in the DNA cells)
Calcium Benzoate	E213	Preservatives in many foods including drinks, low-sugar products, cereals, meat products	Can temporarily inhibit the function of digestive enzymes and may deplete glycine and amino levels. Should be avoided by those with allergic conditions such as hay fever, hives and asthma
Calcium Sulphite	E226	Very widely used, mainly as a preservative in a vast array of foods - from burgers to biscuits, from frozen mushrooms to horseradish pulp	In the US sulphites are banned from many foods, including meat, because they make old products look fresh. They can cause bronchial problems, flushing, low blood pressure, tingling, and anaphylactic shock. The International Labour Organisation (ILO) says avoid them if you suffer from bronchial asthma, cardiovascular or respiratory problems and emphysema.
Monosodium Glutamate (MSG)	E621	Widely used as a flavour enhancer	Those sensitive to monosodium glutamate have felt symptoms including pressure on the head, seizures, chest pains, headache, nausea, burning sensations and tightness of face. Many baby food producers have stopped adding this substance
Ponceau4R, Cochineal Red A	E124	Widely used as a colouring	People who suffer from asthma, rhinitis, urticaria, may find their symptoms become worse following consumption of foods containing this colouring.
Potassium Benzoate	E212	Preservatives in many foods including drinks, low-sugar products, cereals, meat products	Can temporarily inhibit the function of digestive enzymes and may deplete glycine and amino levels. Should be avoided by those with allergic conditions such as hay fever, hives and asthma.
Potassium Nitrate	E249	Used as a preservative in cured meats and canned meat products	Three main health concerns; It can lower the oxygen-carrying capacity of the blood; it may combine with other substances to form nitrosamines, which are carcinogenic, and it may have an atrophying affect on the adrenal gland.

Propyl P-hydroxybenzoate, Propylparaben, Paraben	E216	Preservative in Pates, cereals, snacks, meat products and confectionary	Parabens have been identified as the cause of chronic dermatitis in numerous instances.
Saccharin and its Na, K and Ca salts	E954	Very widely used sweetener, found in diet, and no added sugar products	The International Agency for Research on Cancer has concluded that Saccharin is possibly carcinogenic to humans
Sodium Metabisulphite	E223	Widely used as a preservative and antioxidant	May provoke life-threatening asthma - a woman developed severe asthma after eating a salad with a vinegar based dressing containing E223
Sodium Sulphite	E221	Preservative used in wine making and other food processes	Sulphites have been associated with triggering asthma attacks; most asthmatics are sensitive to sulphites on food.
Stannous Chloride (tin)	E512	Antioxidant and colour retention agent in canned and bottled foods, fruit juices	Acute poisoning has been reported from ingestion of fruit juices containing concentrations of tin greater than 250mg per litre. Causing nausea, vomiting, diarrhoea and headaches.
Sulphur Dioxide	E220	Very widely used preservative	Sulphur Dioxide reacts with a wide range of substances found in food, including various essential vitamins, minerals, enzymes and essential fatty acids. The most common adverse reaction to sulphites in bronchial problems, particularly those prone to asthma. Other adverse reactions may include hypotension (low blood pressure) flushing, tingling sensations and anaphylactic shock. The ILO says you should avoid E220 if you suffer from conjunctivitis, bronchitis, emphysema, bronchial asthma or cardiovascular disease.
Sunset YellowFCF, Orange -Yellow S	E110	Widely used food colour	Some animal studies have indicated growth retardation and severe weight loss. People with asthma, rhinitis or urticaria should avoid this product.
Tartrazine	E102	Widely used yellow food colour	May cause allergic reactions in perhaps 15 per cent of the population. It may be a cause of asthmatic attacks and has been implicated in bouts of hyperactivity disorder in children. Those who suffer from asthma, rhinitis, urticaria may find symptoms worsen after consumption

What are The Top 10 E Numbers to Try and Avoid

There are a wide variety of E numbers in existence these days, but what are the top 10 E numbers to try and avoid?

Many people are concerned about the long-term effects of consuming E numbers and especially the effect they could have on children. Although E numbers do go through lengthy testing processes before being unleashed on the unsuspecting members of the public, sometimes certain numbers do have a negative effect on consumers. Often it's because a person is particularly sensitive to an ingredient or element within the E number, or because it exacerbates an existing condition they have.

Choosing just 10 E numbers worth avoiding is a bit tricky, as there are lots that it would be ideal to avoid if you're concerned about your health. But the following 10 are at the top of the avoidance list.

E Numbers To Avoid

1. E102 – tartrazine. This yellow food colouring has already been banned from use in Norway and Austria, yet it's continued being used in food and drinks in the UK. In recent years, since a study found it was linked to hyperactivity in children, the UK government have suggested it should be avoided by children, but adults may well want to avoid it too. E102 is commonly found in products such as mustard, marmalade, jelly, marzipan, ice lollies, fizzy drinks, squash, custard powder and soups.

2. E122 – carmoisine. E122 is a synthetic red dye that's used as a colouring in many foods. Already banned in several countries, including Norway, Japan, America and Sweden, this colouring is found in products such as sweets, yogurts, packet soup, jelly and jam. It has been positively linked to hyperactivity in children and the UK government recommend that children may be better avoiding it, but it can also cause allergic reactions in adults too.

3. E129 – allura red. E129 is a red or orange like synthetic dye which is used as a food colouring in drinks and sweets. As well as being linked to hyperactive behaviour in children, it may also cause allergic skin reactions in adults, especially anyone sensitive to aspirin. It's worth noting that E129 has already been banned in many countries, including France, Germany, Belgium, Austria, Norway and Sweden.

4. E104 – quinoline yellow. As the name suggests, E104 is a synthetic yellow colouring and is used in products such as smoked haddock and scotch eggs to provide a yellow tinge. Already banned in countries such as Japan, America, Australia and Norway, the colouring has been linked to health and hyperactive problems in children.

5. E621 – monosodium glutamate. Otherwise known as MSG, E621 is a flavour enhancer that's commonly used to pep up food products and make them taste better. Unfortunately, it is known to cause problems for some people – and certain people seem to more sensitive to its effects than others. Amongst the known side effects, MSG can cause symptoms such as headaches, nausea, dizziness, muscle pain, palpitations and even pain.

6. E951 – aspartame. E951 is an artificial sweetener that's commonly used as a sweetening ingredient. In particular, it's often found in products aimed at dieters or diabetics, such as desserts, low-fat foods, low sugar drinks, snacks and sweets. It's well known to be linked to problems in people who suffer from the condition PKU, and they are well advised to avoid it completely. But aspartame has become a concern to other people too and side effects, such as headaches, have often been reported.

7. E211 – sodium benzoate. E211 is an E number that's used as a preservative and is found in products such as margarine, salad dressing, soy sauce, sweets and soft drinks. Studies have found that it's linked to hyperactivity in children, plus it may cause reactions in people have allergic conditions or asthma.

8. E151 – black PN / brilliant black BN. E151 is a form of black synthetic dye that is used as a food colouring in some products. However, concerns have been raised in other countries, as it's been linked to allergic reactions in some people. It is already banned in Australia, Austria, America, Germany, Norway, Sweden, Switzerland, Belgium and France.

9. E133 – Brilliant blue FCF. E133 is another synthetic colouring dye, which adds a blue colour to some products. Some people have been found to experience allergic reactions after consuming products containing E133 and this E number is already banned in Austria, Sweden, Switzerland, France, Germany and Norway.

10. E213 – calcium benzoate. E213 is a form of preservative that's used to lengthen the shelf life of foods and drinks. It's often found in low sugar products, but it has been linked to side effects in people who have allergic conditions.

For more details, pls., refer to the following link:

<http://www.exploreenumbers.co.uk/top-10-e-numbers-try-avoid.html>