



Easy First Steps Toward Additive Free

Some very simple changes in your eating and shopping habits can reduce your consumption of unnecessary and unsafe food additives and greatly improve health, behaviour and performance.

- **Change to preservative-free bread (avoid 282 – Calcium Propionate)**

For example:

Buy Brumby's or Bakers Delight breads

Buy Helga's, Sunblest, Wonder White and Mighty Soft (beware of specialty loaves)

- **Change artificially coloured products to plain or naturally coloured products**

For example:

Buy naturally coloured lollies instead of artificially coloured lollies

Buy naturally coloured or white icypoles instead of artificially coloured icypoles

Buy plain lemonade or unpreserved juice & soda water instead of coloured fizzy drink

Buy naturally coloured 100s & 1000s instead of artificially coloured 100s & 1000s

Buy plain sweet biscuits, like Arnott's Teddy Bear instead of Tic Tocs

Buy Arnott's Caramel Crowns instead of Tim Tams

Buy Smarties instead of M&Ms

- **Reduce obviously "flavour enhanced" foods**

For example:

Buy plain chips instead of flavoured chips

Buy plain rice crackers (Sakata brand) instead of flavoured ones

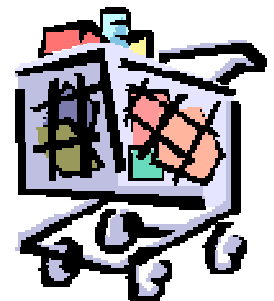
- **Buy the preservative-free option**

For example:

Buy Nuttex, butter in blocks, Mainland Soft Butter, dried fruit without sulphites (220-228),

Schweppes lemonade (in bottles)

For more information, refer to Product Updates on Sue Dengate's website at www.fedup.com.au.



*Please note that suggested products are not selected based on nutritional value of the foods. Additive Education is primarily focused on promoting safe additives in foods. For nutritional advice, please consult a dietitian. Ingredients of products can change, so **always** check labels.*