

E-Number	Description	Category	Common Products	Key Concerns	Risk Level	Better Alternatives	Special Notes
Colors - High Priority Watch							
E102	Tartrazine	Artificial Color	Candies, snacks, sodas	Hyperactivity, allergies	HIGH	Natural colors, turmeric	Banned in some countries
E104	Quinoline Yellow	Artificial Color	Candies, drinks	Behavioral issues	HIGH	Natural colors	Restricted in EU
E122	Carmoisine	Artificial Color	Jams, confectionery	Hyperactivity	HIGH	Beetroot, natural colors	Banned in some countries
E124	Ponceau 4R	Artificial Color	Desserts, sauces	ADHD, asthma	HIGH	Natural red colors	Requires warning label in EU
E129	Allura Red	Artificial Color	Drinks, candies	Behavioral issues	HIGH	Natural alternatives	Common in US products
E133	Brilliant Blue	Artificial Color	Drinks, ice cream	Allergic reactions	MEDIUM	Spirulina, natural blue	Widely used
Preservatives - High Priority							
E211	Sodium Benzoate	Preservative	Soft drinks, sauces	Forms benzene with Vit C	HIGH	Natural preservatives	Watch for combination with Vit C
E220-228	Sulfites	Preservative	Wine, dried fruit	Asthma, headaches	HIGH	Unsulfered products	Critical for asthmatics
E250	Sodium Nitrite	Preservative	Processed meats	Cancer risk	HIGH	Nitrite-free meats	Forms nitrosamines
E251	Sodium Nitrate	Preservative	Cured meats	Cancer risk	HIGH	Fresh meat	Especially in processed meats
E280	Propionic acid	Preservative	Bread products	Migraines	MEDIUM	Fresh bread	Common in commercial bread
E282	Calcium propionate	Preservative	Bread, pastries	Behavioral changes	MEDIUM	Sourdough bread	Watch in children
Flavor Enhancers							
E621	MSG	Enhancer	Ready meals, snacks	Sensitivity reactions	HIGH	Natural flavors	Watch for hidden sources
E627	Disodium Guanylate	Enhancer	Instant foods	Gout issues	MEDIUM	Whole foods	Often with MSG
E631	Disodium Inosinate	Enhancer	Instant noodles	Not vegetarian	MEDIUM	Natural umami	Usually with MSG
Sweeteners							
E950	Acesulfame K	Sweetener	Diet products	Controversial	MEDIUM	Stevia	Often combined with aspartame
E951	Aspartame	Sweetener	Diet drinks	Controversial	HIGH	Natural sweeteners	Most debated sweetener
E952	Cyclamate	Sweetener	Diet foods	Banned in US	HIGH	Monk fruit	Regional restrictions
E954	Saccharin	Sweetener	Diet products	Historical concerns	MEDIUM	Natural alternatives	Oldest artificial sweetener
E955	Sucralose	Sweetener	Low-cal products	Gut health	MEDIUM	Stevia	Heat stability issues
Stabilizers/Emulsifiers							
E338-343	Phosphates	Stabilizer	Processed cheese	Mineral balance	HIGH	Whole foods	Kidney concerns
E407	Carrageenan	Emulsifier	Plant milk	Digestive issues	MEDIUM	Additive-free alternatives	Watch in dairy alternatives
E412	Guar Gum	Thickener	Gluten-free foods	Bloating	LOW	Natural thickeners	Generally safe
E415	Xanthan Gum	Thickener	Sauces	Digestive sensitivity	LOW	Natural alternatives	Generally safe
E450-452	Phosphates	Stabilizer	Processed meats	Kidney issues	HIGH	Fresh products	Cumulative exposure risk
E471	Mono/diglycerides	Emulsifier	Baked goods	Trans fats	MEDIUM	Natural alternatives	Hidden fats
Antioxidants/Others							
E320	BHA	Antioxidant	Oils, snacks	Cancer concerns	HIGH	Natural antioxidants	Controversial
E321	BHT	Antioxidant	Cereals	Cancer concerns	HIGH	Vitamin E	Controversial
E385	EDTA	Preservative	Canned foods	Mineral absorption	MEDIUM	Fresh foods	Metal chelator

High-Risk Product Categories:

Product Type	Watch For	Risk Level	Better Choices
Processed Meats	E250, E251, E621	HIGH	Fresh meats, natural curing
Soft Drinks	E211, E950-955	HIGH	Water, natural juices
Candies/Sweets	E102-133	HIGH	Natural sweets, dried fruit
Ready Meals	E621, E627, E631	HIGH	Home-cooked meals
Children's Foods	E102-133, E211	HIGH	Natural foods
Baked Goods	E280-282, E471	MEDIUM	Fresh-baked, sourdough
Diet Products	E950-955	MEDIUM	Naturally low-cal foods
Canned Foods	E385, phosphates	MEDIUM	Fresh/frozen alternatives