

<p><u>Colors</u></p> <p>102 tartrazine  104 quinoline yellow  107 yellow 2G, sunset yellow  122 azorubine  123 amaranth  124 ponceau red  127 erythrosine  128 red 2G  129 allura red  132 indigotine  133 brilliant blue  142 green S  151 brilliant black  155 chocolate brown  160b annatto</p>	<a href="http://joannenova.com.au">joannenova.com.au</a>	<p><u>Preservatives</u></p> <p>200-203 sorbates  210-213 benzoates  220-228 sulphites  280-283 propionates  249-252 nitrates, nitrites</p> <p><u>Synthetic Antioxidants</u></p> <p>310-312 Gallates  319-320 TBHQ, BHA, BHT  (306-309 are OK)</p> <p><u>Flavour Enhancers</u></p> <p>621 MSG (or 'yeast extract')  627 disodium inosinate  631 disodium guanylate  635 ribonucleotides</p>
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Cut out the squares, fold them in half and put them into your purse or wallet. Give the spares to your mum, your day carers and baby sitters.