

A Shopping List To Help With Avoiding The Nasty Additives

Bread	Bakers' Delight, Brumby's, Woolworths Homebrand, Noble Rise, Bodhis, Mountain Bread Wraps
Spread	Plain Butter, Mainland Butter Soft, Nuttelex, Meadow Lea Original, Eta 5 Star
Yoghurts	Mundella Pot Set, Vanilla Ski Delite, Jalna Blueberry or Vanilla,
Fruit Juice	Just Juice, Harvey Fresh, Berri Classic, and many other quality juices brands
Rice Crackers	Sakata Wholegrain, Plain or Sesame
Choc Biscuits	Arnott's Monte, Arnott's Caramel Crowns, Arnott's Chocolate Scotch Finger
Sweet Biscuits	Arnott's Scotch Finger, Arnott's Milk Arrowroot, Arnott's Glengarry Shortbread
Cheese	Bega Stringers, Mainland Slices, Plain Block Cheeses
Cereals	Weetbix, Vita Brits, All Bran, Oats, Homemade Muesli Mix. (Most other commercial cereals are too high in salt or sugar)
Peanut Butter	Sanitarium or Dick Smiths
Liquid Stock	Frozen Good Stock (Campbell's Real Liquid Stock is okay, but contains high salt and yeast extract which is processed glutamates!)
Stock Cubes	None. (If really needed choose Massel, but does contain Caramel Colour)
Mayonnaise	SW Whole Egg mayonnaise
Confectionery	Milk Bottles, White Marshmallows, Allen's Chicos, Allen's Fantales, Allen's Milko Chews, Darrell Lea Traditional Liquorice, Pascall Eclairs, Pascall Mallow Bites, Pascall Choc Caramels, Werthers Caramels, Werthers Candies
Chocolate Treats	Maltesers, Twix Bars, Freddo Frogs: Plain, Milky Tops or White, Plain Chocolate, Violet Crumble, Cadbury Curly Wurly Bars, Cadbury Chomp Bar, Cadbury Furry Friends Chocolate Blocks, Nestle Milky Bar,
Ice Cream Tubs & Stick	Sara Lee French Vanilla, Sara Lee Ultra Chocolate, Nestle Original Vanilla, Chocolate Billabongs, Peters Frosty Fruits Tropical
Savoury / Snack Treats	Red Rock Deli Potato Chips Sea Salt, Smiths Original Chips, Doritos Original,
Muesli bars	Carman's Muesli Bars
Dried Fruit	Sultanas, Organic Dried Apricots (available from a health food store), Woolworths Macro Organic Coconut
Flavoured Milk	Brownes Choc Chill, Bannister Downs Chocolate Milk,

Always keep checking labels as manufacturers do make changes from time to time.

Note: Flavour enhancers and concentrated glutamates can be disguised in many forms using numbers or words. **So avoid:**

620: glutamic acid	621: monosodium glutamate (MSG)	622: monopotassium glutamate
623: calcium glutamate	624: monoammonium glutamate	625: magnesium glutamate
627: disodium 5'-guanylate	631: disodium 5'-inosinate	635: disodium 5'-ribonucleotides

Also:

hydrolysed vegetable protein	hydrolysed plant protein	plant protein extract
calcium caseinate	hydrolysed oat flour	potassium glutamate
autolysed yeast	sodium caseinate	yeast extract
textured protein	Anything else hydrolysed.	