

List of Food and Additives to Avoid for those with ADD or ADHD

Additives with suspect ingredients - Europe and Australasia

On European food labels the number will be prefixed by the letter 'E'

101	Riboflavin-5'-phosphate sodium
240	Potassium phosphate monobasic
338	Orthophosphoric acid Phosphoric Acid
339	Disodium hydrogen orthophosphate Sodium dihydrogen orthophosphate Sodium phosphate monobasic Sodium phosphate dibasic Sodium phosphate tribasic
341	Acid calcium phosphate Calcium hydrogen orthophosphate Calcium phosphate monobasic Calcium phosphate dibasic Calcium phosphate tribasic Monocalcium orthophosphate Tricalcium orthophosphate
343	Magnesium hydrogen phosphate Magnesium hydrogen dibasic Magnesium hydrogen tribasic
442	Ammonium phosphatides Ammonium salts of phosphatic acid
450	Acid sodium pyrophosphate Disodium dihydrogen diphosphate Disodium dihydrogen pyrophosphate Pentasodium triphosphate Polyphosphates, potassium and sodium

450 (cont'd)	Potassium polyphosphates Potassium tripolyphosphate Sodium acid pyrophosphate Sodium polyphosphates Sodium pyrophosphate Sodium tripolyphosphate Tetrapotassium diphosphate Tetrasodium diphosphate Trisodium diphosphate Trisodium orthophosphate
450(a)	Ammonium phosphate dibasic
450(a)	Ammonium phosphate monobasic
540	Dicalcium diphosphate
541	Sodium aluminium phosphate, acidic Sodium aluminium phosphate, basic
542	Bone phosphate, edible Edible bone phosphate
544	Calcium polyphosphates Polyphosphates, calcium
545	Ammonium polyphosphates Polyphosphates, ammonium
627	Guanosine 5' - (disodium phosphate)
631	Inosine 5' - (disodium phosphate)
1410	Monostarch phosphate
1412	Distarch phosphate
1413	Phosphated distarch phosphate
1414	Acetylated distarch phosphate
1442	Hydroxypropyl distarch phosphate

Foods/Additives High in Phosphate

In cases of high sensitivity to phosphate, even one hotdog, or just one mouthful of soft drink from a school friend can/may trigger a major relapse.

Consuming danger foods is always likely to result in a reaction and this will remain true lifelong in many cases. The ultimate solution will be to convince governments to legislate to ban phosphate additives from our foods but this will not be quickly or easily achieved.

If in doubt about any food or drink, exclude it from your family's diet while you make inquiries. Manufacturers or suppliers should be able to advise whether or not phosphate additives are present. In summary, there are foods which contain phosphate additives, which are mainly as follows:

- Soft drinks, especially cola drinks and lemonade
- Cordials/fruit syrup drinks
- Chocolate, lollies, sweets, candy
- Ice-cream
- Biscuits, cookies
- Tomato ketchup
- Mayonnaise
- Processed cheese, especially cheese spread
- Hot dogs and other processed meats
- Alcoholic drinks
- Baking powder containing phosphate aerator
- And all other foods that list mineral salts, emulsifiers and lecithin as an ingredient.

There are also natural foods which contain relatively high levels of phosphate. They include:

Egg yolks Milk Nuts Sweet breads Wheat germ Soybeans and their by-products Peas Beans Lentils Beef Corn Mushrooms Cocoa Tuna Liver	These should be eliminated from the diet of affected families. Once affected family members have been on the diet for some weeks with the result that saliva pH has normalized and behaviour is no longer problematical, it may be possible to reintroduce some of them - one at a time - in small quantities. So long as saliva pH remains in the normal range and there is no recurrence of ADD symptoms, there should be no problem. Precisely what intake of phosphate triggers problems is almost certainly an individual matter, to be determined by careful trial and error.
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