

{SPOT LIGHT ON LUNCH/ SNACK OPTIONS}

Option	Comments
Snacks	<p>Always choose fresh fruit and vegetables. Go organic where and when you can.</p> <p>Many savoury snacks contain 621 (MSG and mates – as per the Additive Alert card)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Watch out for colours – artificial and natural colours with hyperactive/hypersensitive reactions (160b Annatto; 120 Carmines) <input type="checkbox"/> Always choose the plain options when you choose savoury snacks and PLEASE read the label: <ul style="list-style-type: none"> <input type="checkbox"/> Sakata rice crackers (plain and wholegrain); Ceres Organic Plain <input type="checkbox"/> Sakata Paws Original (plain only) Rice Snacks (6 pack) <input type="checkbox"/> Real Foods Corn Thins – Original; Vita-Weat 9 grains, Ryvita Original Rye <input type="checkbox"/> Smiths Grain Waves Wholegrain Original; Kettle – Sea Salt; CC'S original/ Coles Brand Original
Dried fruit	<p>Asthma avoid sulphites (especially 220 Sulphur Dioxide)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Always choose options without preservatives by reading the label: Aldi Just Organic Raisins and Sweet Vine Cranberries; Woolworths Macro organic apricots <p>Muesli Bars:</p> <ul style="list-style-type: none"> <input type="checkbox"/> BE NATURAL (PRESEVATIVE FREE FRUIT RANGE) Four Bars Coconut Apricot & Chia ; Four Bars Currant Oats & Pepita <input type="checkbox"/> Carman's Bars (e.g. Dark Choc & Blueberry) <input type="checkbox"/> Table of Plenty No No's (any) <input type="checkbox"/> Whole kids (any)
Drinks	<p>Choose plain water or plain milk or 100% juice</p> <p>Watch for artificial colours and 160b in flavoured milks and artificial sweeteners in diet drinks, plus soft drinks may have preservatives, especially 211 – Sodium Benzoate – hyperactivity</p> <ul style="list-style-type: none"> <input type="checkbox"/> Always choose options without preservatives by reading the label: e.g. Extra Juicy 250ml: Apple; Orange; Apple, Mango, Banana; Just Juice: 200ml: Apple; Orange; Whole Kids Juices <input type="checkbox"/> Soda Water; Schweppes Lemonade (in a bottle only); Organic softdrinks tend not to have the preservatives
Bread/ Wraps	<p>Avoid 282 and watch for antioxidants (319 and 320)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Australia's Own Organic Oat, Rye and Linseed Wrap, Mountain Bread, Sorj Wraps
Sandwich fillings	<p>Avoid processed cheese as often contains 160b</p> <ul style="list-style-type: none"> <input type="checkbox"/> Choose real cheese slices <p>Choose real spreads</p> <ul style="list-style-type: none"> <input type="checkbox"/> SMALL amounts of butter, or if you choose mayonnaise pick options with less additives (e.g. Thomy; Absolute Organic Mayonnaise) <p>Go for food variety – not just preservative free ham! (e.g. salmon/ tuna/ eggs/ salad and cheese/ chicken). When you choose preservative free ham, try these:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Meat-ing Place Nitrate Free ham; Springbrook Valley All Natural Ingredients

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