

	Name of Food Colouring	Hyper - Activity	Asthma	Dr. Sonal's Notes
E102	Tartrazine (food color)	H	A	Most common respiratory irritant found in Yellow/orange drinks, Flavored Chips, Candy, Chewing Gum
E104	Quinoline Yellow (food color)	H	A	Synthetic Coal Tar Dye
E107	Yellow 2G (food color)	H	A	Synthetic Coal Tar Dye
E110	Sunset Yellow (Yellow food color #6)	H	A	Synthetic Coal Tar Dye found in swiss rolls, jams, medicines
E120	Carmines, Cochineal (food color)	H	A	Made from Crushed Cochineal insect
E122	Azorubine, Carmoisine (food color)	H	A	Synthetic Azo Dye found in Flavoured Yoghurts, Jams, Sauces
E123	Amaranth (Red food color #2)	H	A	Synthetic Coal Tar Dye found in Cake Mixes, Tinned food, jams, jelly
E124	Ponceau, Brilliant Scarlet (food color)	H	A	Synthetic Coal Tar Dye
E127	Erythrosine (Red food color #2)	H	A	Synthetic Coal Tar Dye
E128	Red 2G (Red food color)	H	A	Synthetic Coal Tar Dye
E129	Allura Red AC (food color)	H	A	Synthetic Coal Tar Dye found in Sausage Skin
E131	Patent Blue (food color)	H	A	Synthetic Coal Tar Dye
E132	Indigotine, Indigo Carmine (food color)	H	A	Synthetic Coal Tar Dye
E133	Brilliant Blue (food color)	H	A	Synthetic Coal Tar Dye. Found in
E142	Acid Brilliant Green, Green S, Food Green (food color)	H	A	Synthetic Coal Tar Dye. Found in ice-cream, bread crumb packets, cake mixes
E143	Fast Green (food color)	-	A	Synthetic Coal Tar Dye. Found in ice-cream, decoration, soup mixes
E150	Caramel (food color)	H	-	From heat treated Sugar
E151	Activated Vegetable Carbons, Brilliant Black (food color)	H	A	Can be made from vegetable and animal sources
E154	Food Brown, Kipper Brown, Brown FK (food color)	H	A	Mixture of 6 Synthetic Azo Dyes found in smoked meats and Chips
E155	Chocolate Brown HT, Brown HT (food color)	H	A	Synthetic Coal Tar Dye. Found in Chocolate cakes and Chocolate icing
E180	Lithorubine BK		A	Synthetic Azo Dye used to redden the rind of hard cheese

A list of Food Colorings that are known to create and aggravate Hyperactivity (H), Allergies & Asthma (A).

The E Numbers marked in RED are banned in some countries but are still used in Asia.