

Food Additives

By Anne Hayden TLC Cook

Over the last fifty-five years our food alone has had more than 3,000 new chemicals introduced as additives to enhance flavour, add colour, and preserve shelf life, as sweeteners and antioxidants. Add to that the herbicides and pesticides used on fruit and vegetables and around 3,000 chemicals available to use in building materials and cleaners in our homes.

Are these chemicals harming our children? Are we coping well with these chemicals ourselves?

Could these compounds be classed as anti-nutrients – substances that interfere with the absorption of essential nutrients, or cause leaching of valuable nutrients from our bodies?

Could they be associated with mood swings, poor concentration, aggressive behavior, anxiety, sleep patterns and poor memory? Maybe even some food allergy/intolerance could be caused by upsetting the delicate balance of our digestive system?

“Yes they can,” says Patrick Holford, in *Optimum Nutrition for your Child’s Mind* 2006, Chapter 8 Keeping Your Child Chemical Free, p 85-91, Piatkus

Food provides the building blocks for healthy cells and tissues that create a healthy brain/mind, organs and glands, creating healthy happy children. Eating organic food is really an important choice where possible, for parents from pre-conception, through pregnancy, to baby and child.

The choice is ours, to read the label of content, especially on the food we feed to young developing bodies. Here’s a recipe the children enjoy at TLC

Anne’s Moroccan Lamb & Lentil Curry

This recipe maybe will make enough to freeze a meal. You can add an extra 2 cups of lentils to extend the meat in this meal

- 2 tablespoons olive oil
- 1kg minced lamb
- 2 large onions, diced
- 3 cloves garlic, chopped in a little salt
- 4 large carrots, diced
- 1 large kumara, diced
- 2 sticks celery, diced
- 1 tablespoon Tuscan herbs

- 2 teaspoons each coriander, cumin, paprika & turmeric powder
- 1 teaspoon each cinnamon, curry & cardamom powder
- ½ teaspoon nutmeg
- jug of boiling water
- 1-2 cups red lentils
- 1 organic Rapunzel Vegetable Stock cube
- 1 cup sultanas
- 1 large head broccoli, stalk diced, head cut into small florets
- 1 can coconut cream or 250 ml crème fraiche
- bunch each of fresh coriander, stalks & leaves, chopped separately
- 12-20 mint leaves, chopped
- juice of 1 lemon (optional)

Medium/low heat oil in a large pot, wok or fry-pan. Lightly brown meat.

Add onions, garlic, carrots, kumara and celery and gently cook for about 5 minutes with out browning.

Add Tuscan herbs, coriander, cumin, paprika, turmeric, cinnamon, curry, cardamom and nutmeg powders and chopped coriander stalks. Gently cook for 3 minutes.

Add red lentils and stir to coat them in onion, vegetable spice mixture. Turn up the heat then cover mixture with boiling water from the jug.

Add vegetable stock cube and sultanas then let simmer for 20 minutes, topping up with more boiling water as the lentils absorb the moisture.

Add the diced broccoli stalks, cook 3 minutes then add broccoli florets & lemon juice, cook for a further 3 minutes.

Add coconut cream or crème fraiche and heat through without boiling.

Add chopped coriander and mint leaves.

Serve with Basmati rice.

Acceptable Additives:

- ✓ Colours E101 (vitamin B2),
- ✓ E160 (carotene Vitamin A)
- ✓ Antioxidants E300-304 (Vitamin C),
- ✓ E306-309 (tocopherols, like vitamin E)
- ✓ Emulsifier E322 (lecithin)
- ✓ Stabilisers E375 (niacin),
- ✓ E440 (pectin)

Top 20 Additives to Avoid

- Allura red AC E129 –
- Amaranth E123
- Aspartame E951
- Benzoic acid E210
- Brilliant black BN E151
- Butylated hydroxyanisole (BHA) E320
- Calcium benzoate E213
- Calcium sulphite E226
- Monosodium glutamate (MSG) E621
- Ponceau 4R, Cochineal red A E124
- Potassium benzoate E212
- Potassium nitrate E249
- Propyl p-hydroxybenzoate,
- propyl-paraben, paraben E216
- Saccharin and its Na, K and Ca salts E954
- Sodium metabisulphite E223
- Sodium sulphite E221
- Stannous chloride (tin) E512
- Sulphur dioxide E220
- Sunset yellow FCF,
- Orange/yellow S E110
- Tartrazine E102