

Guide: Common Additives in Bread

Many commercial breads contain additives to improve shelf life, texture, colour, and dough handling. This guide lists common additive numbers found in bread, their functions, and possible health concerns.

Number	Name	Function	Possible Health Concerns
282	Calcium propionate	Preservative (anti-mould)	Linked in some studies to hyperactivity, irritability, and sleep issues in children
200–203	Sorbates (Sorbic acid, Potassium sorbate, Calcium sorbate)	Preservative (anti-mould)	May cause skin irritation or allergic reactions in sensitive individuals
920	L-cysteine	Flour treatment agent / dough conditioner	Safe, but may be derived from animal hair or feathers, which can concern vegetarians/vegans
510	Ammonium chloride	Dough improver	Generally safe; excessive intake may affect kidney function
300	Ascorbic acid	Flour treatment agent / antioxidant	Vitamin C; generally safe
481	Sodium stearoyl lactylate (SSL)	Emulsifier	Generally safe; high intakes of emulsifiers linked to possible gut microbiome changes
471	Mono- and diglycerides of fatty acids	Emulsifier	May be from animal or plant sources; some research links emulsifiers to gut changes
150a–d	Caramel colours	Colouring	Some forms linked to gastrointestinal issues in high doses; unnecessary in bread except for appearance