

Food labelling and packaging

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Food labelling - what you must show

You must show the following information:

- the name of the food
- a 'best before' or 'use by' date
- any [necessary warnings](#) (/food-labelling-and-packaging/food-and-drink-warnings)
- net quantity information
- a [list of ingredients](#) (/food-labelling-and-packaging/ingredients-list) (if there is more than 1)
- the country or place of origin, if required
- the lot number or use-by date

- any special storage conditions
- instructions for use or cooking, if necessary

If you're selling food in Great Britain (England, Wales and Scotland), you must also include the name and address of the UK or EU business responsible for the information on the food. If the business is not in the UK or EU, you must include the name and address of the importer.

If you're selling food in Northern Ireland, you must include the name and address of the Northern Irish or EU business responsible for the information on the food. If the business is not in Northern Ireland or the EU, you must include the name and address of the importer.

Check if there are [other food labelling standards you must follow \(/guidance/food-standards-labelling-durability-and-composition\)](#).

Quantity information

You must put the net quantity in grams, kilograms, millilitres or litres on the label of:

- packaged food over 5g or 5ml

weight.

The net quantity must be close enough to the name of the food that you can see all this information at the same time. This also applies to the alcoholic strength for alcoholic drinks.

You do not have to show the weight or volume on foods sold by number, for example 2 bread rolls, provided that you can clearly see the number of items inside the packaging.

Read [more guidance on quantity labelling \(/food-information-to-consumers\)](#).

Information you may have to show

You must also show these if they apply to your product:

- a warning for drinks with an alcohol content above 1.2%
- a warning if the product contains GM ingredients, unless their presence is accidental and 0.9% or less
- a warning if the product has been irradiated
- the words 'packaged in a protective atmosphere' if the food is packaged using a packaging gas

Country or place of origin

You must show the country or place of origin for:

- beef, veal, lamb, mutton, pork, goat and poultry
 - fish and shellfish
 - honey
 - olive oil
 - wine
 - fruit and vegetables
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outside the UK'.

Special rules for some products

There are special rules about [what you have to show on the label \(https://www.gov.uk/food-standards-labelling-durability-and-composition\)](https://www.gov.uk/food-standards-labelling-durability-and-composition) if you supply any of the following:

- bottled water

- bread and flour
- cocoa and chocolate products
- fats and oils
- fish
- fruit juices and nectars
- honey
- jams and preserves
- meat and meat products
- milk and milk products
- soluble coffee
- sugar

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