

Food labelling and packaging

Contents

- [Overview](#)
(/food-labelling-and-packaging)
- [Food labelling - what you must show](#)
(/food-labelling-and-packaging/food-labelling-what-you-must-show)
- [Food and drink warnings](#)
(/food-labelling-and-packaging/food-and-drink-warnings)
- [Nutrition, health claims and supplement labelling](#)
(/food-labelling-and-packaging/nutrition-health-claims-and-supplement-labelling)
- [Organic food](#)
(/food-labelling-and-packaging/organic-food)

Food and drink warnings

You must show an appropriate warning on the label if your food contains certain ingredients.

Ingredient	Wording you must use
Allura red (E129)	'May have an adverse effect on activity and attention in children'
Aspartame	'Contains a source of phenylalanine'
Caffeine over 150 mg/l	'Not suitable for children, pregnant women and persons sensitive to caffeine'

Ingredient	Wording you must use
Carmoisine (E122)	'May have an adverse effect on activity and attention in children'
Liquorice	'Contains liquorice' (you may need extra wording for confectionery or alcohol containing liquorice)
Polyols	'Excessive consumption may cause a laxative effect'
Ponceau 4R (E124)	'May have an adverse effect on activity and attention in children'
Quinoline yellow (E104)	'May have an adverse effect on activity and attention in children'
non-milk fat	There's no fixed wording, but you must show a warning that the product is unfit or not to be used for babies.
Sulphur dioxide over 10mg/l	'Contains sulphur dioxide (or sulphites/sulfites)'
Sunset yellow (E110)	'May have an adverse effect on activity and attention in children'
Sweeteners	'With sweetener(s)'
Sweeteners and sugar	'With sugar and sweetener(s)'
Tartrazine (E102)	'May have an adverse effect on activity and attention in children'

← **Previous**
[Ingredients list \(/food-labelling-and-packaging/ingredients-list\)](#)

→ **Next**
Nutrition, health claims and supplement labelling (**/food-labelling-and-packaging/nutrition-health-claims-and-supplement-labelling**)

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