

# Food labelling and packaging

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## Ingredients list

If your food or drink product has 2 or more ingredients (including any additives), you must list them all. Ingredients must be listed in order of weight, with the main ingredient first.

## Ingredient quantities

You also have to show the percentage of an ingredient if it is:

- highlighted by the labelling or a picture on a package, for example ‘extra cheese’
- mentioned in the name of the product, for example ‘cheese and onion pastry’

- normally connected with the name by the consumer, for example fruit in a summer pudding

## Allergens

You must highlight allergens on the label using a different font, style or background colour. You must also list them in the ingredients.

The allergens you need to highlight and list are:

- celery
- cereals containing gluten - including wheat, rye, barley and oats
- crustaceans - including prawns, crab and lobster
- eggs
- fish
- lupin
- milk
- molluscs - including squid, mussels, cockles, whelks and snails
- mustard
- nuts
- peanuts
- sesame seeds
- soya beans
- sulphur dioxide or sulphites at levels above 10mg per kilogram or per litre

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