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Ingredients list

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In-depth guidance

Most prepacked foods must have an ingredients list. The list must be headed by the word 'ingredients' followed by a list of all the ingredients in descending order by weight at the mixing bowl stage of production. This means that the list goes from those ingredients that weighed the most to those ingredients that weighed the least when they were included in the product.

For more detailed information, please see 'Labelling of prepacked foods: ingredients list'.

Calculating the quantitative ingredient declaration (QUID) can be a complex process. For detailed guidance, see 'Labelling of prepacked foods: QUID'.

Infographic

The ingredients list must be headed 'Ingredients'. Declare ingredients in descending order of weight.

Chocolate Coated Butter Shortbread			
Ingredient	Sub-ingredients	Weight	%
Wheat Flour	Wheat flour (**Wheat** flour, Calcium Carbonate, Iron, Niacin, Thiamin)	400 g	68.8
Butter	**Milk**, Salt	50 g	8.6
Sugar		50 g	8.6
Chocolate	Sugar Dried whole **Milk** Cocoa butter Cocoa Mass Emulsifier: Lecithin	40 g	7.0
Cornflour		20 g	3.4
Durum Wheat Semolina		20 g	3.4
Salt		1 g	0.2
	TOTAL	581	100

The ingredients that characterise the product should be declared with a percentage for the quantitative ingredient declaration (QUID).

Compound ingredients (ingredients that are made up of more than one ingredient) can be declared as 'Ingredient (X, Y, X)' or added together with other sources of that ingredient to make a shorter list with fewer repeated ingredients. For example, in the second list, the salt from the butter is combined with the other salt in the recipe; and the sugar for the chocolate has been combined with the rest of the sugar in the recipe, so the ingredients of chocolate appear in the list, but they are separated and not under the heading 'chocolate'.

Additives must be preceded by their function and can be declared by their chemical name or their E number.

INGREDIENTS: Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Butter (8%) (MILK, Salt), Sugar, Chocolate (7%) (Sugar, Dried Whole MILK, Cocoa Butter, Cocoa Mass, Emulsifier: Lecithins), Cornflour, Durum WHEAT Semolina, Salt

INGREDIENTS: Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Butter (MILK) (8%), Cornflour, Durum WHEAT Semolina, Dried Whole MILK, Cocoa Butter, Cocoa Mass, Salt, Emulsifier: Lecithins

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