



No.	Description	Explanation
1	with colouring	gives food or drinks a specific colour (e.g. soft drinks, sweets)
2	with preservative	extends shelf life (e.g. soft drinks, sausages)
3	with antioxidant	protects against spoilage or discolouration from oxygen
4	with sweetener	replaces or reduces sugar
5	with phosphate	stabilises or binds water (e.g. meat, cheese, cola)
6	contains sulphites	used as a preservative (e.g. dried fruit, wine)
7	blackened	coloured with iron oxide or plant extract
8	with flavour enhancer	intensifies taste (e.g. glutamate)
9	contains caffeine	caffeine-containing (e.g. cola, energy drinks, coffee)
10	contains quinine	found in bitter lemon and tonic water
11	with acidifier	provides acidity or stabilises taste
12	contains a source of phenylalanine	relevant for people with phenylketonuria (aspartame)
13	waxed	surface treated with wax (e.g. fruit, cheese)
14	with taurine	energy-boosting additive (e.g. energy drinks)
15	contains alcohol	contains alcohol or alcoholic ingredients
16	with curing salt (nitrite)	used for preservation and colour in sausages
17	contains milk protein	relevant for milk protein intolerance
18	contains colour stabiliser	preserves natural colour (e.g. cheese, beverages)