



Expert labels

We stick by you

What should food labels include?

When it comes to labelling food, there are some requirements for what needs to be included so that anyone buying or consuming your product knows exactly what it is that they're eating, the nutritional information, and the packer or producers information.

Firstly, you need a label that is:

- Clear
- Easy to read and understand
- Permanent
- Visible
- Not misleading

There's also certain basic information which has to be included, as per government regulations. The information that has to be shown is:

- The name of the food
- A use by and best before date, or instructions on where to find it
- Necessary warnings, for example concerning sugar or caffeine content
- Net quantity
- A list of ingredients, listed in order of weight
- Name and address of the manufacturer, seller, or packer
- The country of origin (when required)*
- Required storage conditions
- Use or cooking instructions

*Country of origin is required for meat products, fish, olive oil, honey, wine, as well as fruits and vegetables which are imported from outside the EU.

Allergen Information

There are 14 named allergens. If your product contains any of these it must be stated on your packaging clearly and must be emphasised for example in bold or italics.

Allergen information must be put in a single place, e.g on the ingredients list.

Nutritional Labelling

In 2016 it became mandatory for companies to show the nutritional information on the packaging on all pre-packaged foods. This is to enable customers to make informed choices on the foods they consume. This information must be put on the back of the packaging in this order: -

- Energy value
- Fat levels
- Saturated fat
- Carbohydrate level
- Salt content
- Protein
- Sugar content

Organic Food Labelling

To be able to term your food as organic it has to meet strict guidelines. Organic food labels need to contain: -

- The Certification code and symbol if applicable.
- EU Organic Logo
- The origin of the raw material
- The traceability code.

At Expert Labels, we provide [food labels](#) with the mandatory requirements along with the clarity, visibility and durability required. These types of labels are one of the most commonly requested, and we have years of experience in designing, producing and printing these labels.

For more information, or to get started with an order for your own food labels, [get in touch](#) with us today.

