



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.

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.

