

# FOOD COLOURING CATEGORIES & INFORMATION



## FOOD COLOURING

**THESE ARE FOOD ADDITIVES:** THEY ALLOW TO COLOUR FOOD BUT CANNOT BE CONSUMED AS IS.

**THEY MEET THE FOLLOWING REGULATIONS:** 1333-2008-CE. **WARNING,** THIS TEXT APPLIES TO THE COUNTRIES OF THE EUROPEAN UNION. MANY COLOURING AGENTS HAVE DIFFERENT USES AND DOSAGES DEPENDING ON THEIR DESTINATION COUNTRY.

### SEVERAL ASPECTS:

- NO NOTION OF NATURALNESS IN THIS TEXT. YOU CANNOT NAME OR CLAIM THE NATURAL OR SYNTHETIC ORIGIN OF THESE ADDITIVES IN THE LIST OF INGREDIENTS.
- USE IS REGULATED: CERTAIN FOODS DO NOT ALLOW THE ADDITION OF COLOURING AGENTS (SINCE JUNE 2013, E104 - E110 - E124 COLOURING AGENTS ARE PROHIBITED IN BAKERY PRODUCTS) AND CERTAIN COLOURING AGENTS ARE AUTHORIZED WITH MAXIMUM DOSAGES TO BE OBSERVED OR WITH A NOTION OF QUANTUM SATIS \*. DO NOT FORGET TO CLASSIFY YOUR FINISHED PRODUCT AMONG THE 18 CATEGORIES OFFERED (FINE BAKERY, CONFECTIONERY, ALCOHOLIC DRINKS, ETC.).
- CALCULATION OF THE MAXIMUM DOSAGE: THE COLOURING AGENTS ARE DILUTED ON A SUPPORT TO FACILITATE THEIR USE. ON OUR TECHNICAL SHEETS, YOU WILL FIND THE PIGMENT CONTENT (OR THE PURITY) OF EACH OF THE COLOURING AGENTS IN ORDER TO CALCULATE THE MAXIMUM DOSAGE OF REGULATED COLOURING AGENTS (CALCULATION TO BE CARRIED OUT IN THE FINISHED PRODUCT READY TO EAT).

\* QUANTUM SATIS = NO MAXIMUM NUMERICAL LIMIT IS SET, BUT THE AMOUNT USED MUST NOT EXCEED THE AMOUNT NECESSARY TO ACHIEVE THE DESIRED EFFECT AND ON THE CONDITION OF NOT MISLEADING THE CONSUMER.

**LABELLING:** THE LABELLING RULES MEET THE INCO REGULATION OR REGULATION 1169-2011-EU.

**BEING CONSIDERED AS ADDITIVES, THEY MUST BE DESIGNATED AS -> COLOURING AGENT:** EITHER THEIR E NUMBER OR THEIR NAME (EX -> COLOURING AGENT: CURCUMIN OR COLOURING AGENT: E100).

**THE USE OF THE TERM COLOURING AGENT OF NATURAL ORIGIN IS TOLERATED BY THE ADMINISTRATION ON THE FACING OF THE PACKAGING BUT NOT IN THE LIST OF INGREDIENTS.**

## INGREDIENTS WITH COLOURING POWER

**THESE ARE INGREDIENTS THAT WE CAN BE CONSUMED BY THEMSELVES AND THAT COLOUR FOOD.**

EX: SAFFRON IN A PAELLA, TURMERIC IN A CURRY, COCOA OR MATCHA TEA IN A CAKE, SPINACH IN PASTA, SPIRULINA IN A DRINK, TOMATO PASTE IN A TIELLE, PALM OIL IN A MOQUECA, ETC ...

THESE INGREDIENTS ARE PRESENT IN **LIQUID OR POWDER** FORM AND HAVE BEEN OBTAINED FROM FOOD MATERIALS OFTEN BY NON-SELECTIVE EXTRACTION OF THE PIGMENT. WE CAN USE THEM IN THEIR UNPROCESSED FORM OR BY PROCESSES SUCH AS CONCENTRATION, COOKING, FERMENTATION, DRYING OR GRINDING. **THE DISADVANTAGES OF THESE PRODUCTS ARE THAT THEY PROVIDE FLAVOUR AND ARE FRAGILE UNDER THE COOKING CONDITIONS OF THE FINAL MATRIX.**

THESE INGREDIENTS CORRESPOND TO THE **CLEAN LABEL** AND THEY ARE DESIGNATED IN THE LIST OF INGREDIENTS THANKS TO THE INCO REGULATION OR REGULATION 1169-2011-UE. **THEY ARE BY DEFINITION OF NATURAL ORIGIN.**

**THE INFORMATION INDICATED IN THE 3 BOXES BELOW, AS WELL AS THE NOTIONS OF MAXIMUM DOSAGE ARE RECORDED IN THE TABLE OF COLOURINGS THAT WE CAN SEND ON REQUEST.**

### SYNTHETIC FOOD COLOURING AGENTS

*THE CHEMICAL INDUSTRY SYNTHESIZES THESE COLOURING AGENTS FROM ANILINE.*

**BENEFITS:** HIGH COLOURING POWER AND RESISTANCE TO PROCESSES SUCH AS HEATING, EXPOSURE TO LIGHT.

### FOOD COLOURING AGENTS OF NATURAL ORIGIN

*THEY ARE MADE FROM EXTRACTION CARRIED OUT ON A PLANT,*

*AN ANIMAL OR A MINERAL. **DISADVANTAGES:** MORE EXPENSIVE THAN SYNTHETIC COLOURING AGENTS AND MORE FRAGILE TO COOKING AND LIGHT.*

### WATER-SOLUBLE OR FAT-SOLUBLE

*MOST OF OUR COLOURING AGENTS ARE **WATER SOLUBLE** BUT WE ALSO OFFER **LACQUER COLOURING AGENTS (LIPOSOLUBLE)** WHICH ARE ADAPTED TO THE WORLD OF CHOCOLATE MAKING. THEY ARE OBTAINED BY A CHEMICAL REACTION WITH ALUMINIUM HYDROXIDE.*

**DISADVANTAGE:** PRESENCE OF ALUMINIUM WHICH RESTRICTS ITS USAGE.

**AZO.** AZO COLOURING AGENTS ARE SYNTHETIC COLOURING AGENTS THAT CONTAIN THE CHEMICAL GROUP N=N (NITROGEN DOUBLE BOND). IN CHEMISTRY THIS DOUBLE BOND IS CALLED THE AZO GROUP AND IS NOT FOUND IN NATURE. THUS, ALL AZO COLOURING AGENTS ARE SYNTHETIC (E102-E110-E122-E123-E124-E129-E151-E154-E155-E180). ADVANTAGE OF THIS CATEGORY OF COLOURING AGENT = POWERFUL COLOURING POWER.

**SOUTHAMPTON UNIVERSITY PUBLICATION (UK)** - RESEARCHERS AT THIS UNIVERSITY HAVE FOUND A LINK BETWEEN CHILDHOOD HYPERACTIVITY AND THE CONSUMPTION OF CERTAIN COLOURING AGENTS. THESE WOULD INDUCE A HIGHER RATE OF HYPERACTIVE CHILDREN WHEN THEY ARE COMBINED WITH BENZOATE TYPE PRESERVATIVES. FOLLOWING THIS PUBLICATION AND THE RESULTING MEDIA ECHO, AND DESPITE A CAUTIOUS OPINION FROM THE EUROPEAN FOOD SAFETY AUTHORITY (EFSA), ANNEX V OF EUROPEAN REGULATION No. 1333/2008 OF THE EUROPEAN PARLIAMENT AND OF THE COUNCIL ON FOOD ADDITIVES REQUIRES SINCE JULY 20, 2010 FOR PRODUCTS CONTAINING THE COLOURING AGENTS CONCERNED BY THE STUDY OF SOUTHAMPTON TO AFFIX ON THE LABELLING THE PRECAUTIONARY STATEMENT: "MAY HAVE ADVERSE EFFECTS ON ACTIVITY AND ATTENTION IN CHILDREN." THE AFFECTED COLOURING AGENTS ARE E102 TARTRAZINE - E104 QUINOLINE YELLOW - E110 ORANGE YELLOW S - E122 CARMOISINE - E124 CULVERT RED 4R - E129 ALLURA RED AC.

**TiO2** - DECREE OF APRIL 17, 2019 ON THE SUSPENSION OF THE MARKETING OF FOOD PRODUCTS CONTAINING THE ADDITIVE E171 (TITANIUM DIOXIDE) FROM JANUARY 1, 2020. PLEASE NOTE THAT THIS DECREE IS VALID FOR 1 YEAR ON FRENCH TERRITORY. MUST BE EXAMINED AT EUROPEAN LEVEL AND RULED TO KNOW ITS FUTURE IN THE 1333-2008-CE REGULATION.

