Types of Additives and What They Do

It is important to know what you’re eating and what exactly is in your food. It is also important to remember that ‘Halal’ does not just relate to meat and poultry. In the world today there are hundreds of additives added to our food – be it to make them taste better, look better or last longer – and these are not all necessarily halal.

**So many E-numbers... what do they mean?**

- **100-199** food colours
- **200-299** preservatives
- **300-399** antioxidants, phosphates, and complex agents
- **400-499** thickeners, gelling agents, phosphates, humectants, emulsifiers
- **500-599** salts and related compounds
- **600-699** flavour enhancers
- **700-899** not used for food additives (used for feed additives)
- **900-999** surface coating agents, gases, sweeteners
- **1000-1399** miscellaneous additive
- **1400-1499** starch derivatives

**What is Halal and what isn’t?**

For additives to be halal they must be from vegetarian, synthetic or microbial sources. Additives that have been sourced from HALAL slaughtered animals are also permitted. If it has not been stated that an additive, let’s say gelatine, for example, has come from a halal slaughtered animal, the product should be avoided.