

Which E-numbers & Additives are not Allowed?

Products containing any of the ingredients listed below should not be purchased unless the product is Rabinically approved.

Edible Fat, Edible Oil, Fish Oil

Should be avoided as one does not know the source from which they are derived.

Gelatine, Glycerine, Glycerides, Polysorbates, Stearates, Diacetin & Triacetin

May be animal derived and should be avoided.

Casein Milk protein solids.

The manufacturing process is akin to that of cheese and therefore casein is only kosher when made synthetically or under Rabbinical supervision.

Balsamic Vinegar, Wine Vinegar, Wine & Brandy

Many ingredients of wine origin render a product non-kosher unless the product is manufactured under Rabbinical supervision. Vinegar of unspecified source may be of wine origin.

Shortening

Shortenings are cooking fats and could contain animal fats.

Rennet

Rennet is used in cheese manufacture as a clotting agent. Rennet is a concentrated extract of the rennin enzyme obtained from either calves or adult cattle.

Most processed foods nowadays contain food additives, and they are referred to according to a standardized set of EU numbers - E numbers.

Certain E numbers may be derived from animal or vegetable sources. When present in kosher products E numbers will be of vegetable origin and approved by the London Beth Din.

FOOD ADDITIVES

Problematic E numbers

E120	E340i	E422	E430	E431
E432	E433	E434	E435	E436
E441	E442	E470	E470a	E470b

Which E-numbers & Additives are not Allowed?

Published on Kosher London Beth Din - KLBD (<https://www.kosher.org.uk>)

E471	E472a	E472b	E472c	E472d
E472e	E472f	E473	E474	E475
E476	E477	E479b	E481	E482
E483	E491	E492	E493	E494
E495	E542	E570	E572	E1441

E120, Cochineal, Carmine, Carminic Acid This is unique in that it is the only non-permitted colour. It is a naturally occurring red colour, which is derived from the cochineal beetle.

E422 Glycerol Glycerol occurs naturally in many plant cells and is synthesized by the plants themselves, but it is obtained commercially from oils and fats as a by-product of the soap and fatty-acid industry. It is used as a sweetener or to reduce the effects of humidity on food.

E432 - E495, E1441 Emulsifiers & Stabilisers These are derived commercially from fatty acids. Emulsifiers play an important role in the food industry because the manufacture of many foodstuffs involves the formation and stability of an emulsion (eg oil and water), and an emulsifier aids the mixing of these two liquids to form one complete product (eg mayonnaise). Stabilisers help to keep the product in a stable condition, preventing the breakdown of the emulsion.

E542 Edible Bone Phosphate Degreased steam extract of animal bones, used in medicines as an anticaking agent to prevent particles sticking together. E570 Stearic Acid Naturally occurring fatty acid found in all animal fats and vegetable oils, used as an anti-caking agent, eg in spices.

E572 Magnesium Stearate Prepared synthetically from commercial stearic acid and used as an anticaking or release agent, eg in moulded confectionery.

A full list of additives can be obtained from the Food Standards Agency. Helpline number - 020 7276 8829, website www.food.gov.uk [1].

Date Uploaded: Wednesday 3rd January 2024

Source URL: <https://www.kosher.org.uk/Enumbers>

Links

[1] <http://www.food.gov.uk/>