

WHAT TO KNOW: COLOURS (PART 1)

Colourants generally used in beverage and drink

	Source	E Number	CI Number	Stability			Other
				Acid	Heat	Light	
Natural							
Annatto	Seeds of annatto shrub (Bixa orellana)	E160b	75120	P	G	M	Can precipitate in acidic environment
Beta Carotene	Carrots, algae, palm	E160a	40800	G	G	P	Can be synthesized
Carthamus	Safflower thistle (Carthamus tinctorius L.)			G	G	G	
Curcumin	Turmeric (rhizomes of Curcuma longa)	E100	75300	G	G	P	
Riboflavine		E101		M	G	G	AKA Vitamin B2 or lactoflavin
Riboflavine-5-phosphate		E101a		G		G	
Lutein	Aztec marigold (Tagetes erecta)	E161b	75135	G	G	G	
Paprika	Red pepper (Capsicum annum L.)	E160c		G	G	G	
Lycopene	Red tomatoes (Solanum lycopersicum L.)	E160d	75125	G	M	M	
Apocarotenal	Citrus fruits and vegetables such as spinach	E160e	40820	G	G	M	
Canthaxanthin		E161G	40850	M		G	
Red Sandalwood			75540	G		G	
Anthocyanins	Grape skin, aronia, black carrot, elderberry, red cabbage, hibiscus	E163d-f		G	G	M	Red in acidic solutions; bluer as pH increases
Carmine	Cochineal insect (Dactilopius coccus)	E120	75470	G	G	G	Solubility decreases with lowering of pH; will precipitate below pH 3
Beet-Red	Red beetroot (Beta vulgaris)	E162		G	P	M	Stable between pH 3.5 – 5;

	Source	E Number	CI Number	Stability			Other
				Acid	Heat	Light	
Copper-chlorophyll		E141	75810	G	G	G	Modified natural extracts
Chlorophyll	Green-leafed plants	E140	75810	P	P	G	
Caramel		E150		G		G	
Synthetic							
Quinoline Yellow		E104	47005	G	G	G	
Tartrazine		E102	19140	G	G	G	Yellow No. 5
Sunset Yellow		E110	15985	G	G	G	Yellow No. 6
Ponceau 4R		E124	16255	G	G	G	
Carmoisine		E122	14720	G	G	G	
Amaranth		E123	16185	G	G	M	
Allura Red		E129	16035	G	G	G	Red No. 40
Patent Blue V		E131	42051	P	G	M	
Indigo Carmine		E132	73015	M	P	P	Blue No. 2
Brilliant Blue FC		E133	42090	G	G	G	Blue No. 1
Food Green S		E142	44090	G		P	
Brilliant Black BN		E151	28440	M	M	G	

* E Numbers: in accordance with guidelines of E.EC;

** CI Number Colour Index number allocated by the Society of Dyers & Colourists