Halal E-number guide

Most of the 334 approved E numbers are plant, mineral or synthetic. These are the ones worth a second look. When a pack has a halal mark you trust, the mark is the answer.

⚠ Avoid

Every source we checked rules these out.

E120	Carminic acid, Carmine	E542	Bone phosphate	E909	Spermaceti wax

Animal or insect source: look for a halal mark

Made from animals or insects. Some authorities accept a few of them (beeswax, for example). Without a mark you trust, treat them as doubtful.

E966	Lactitol	E904	Shellac
E901	Beeswax, white and yellow	E1105	Lysozyme

Source can be plant or animal: check the pack

Mostly emulsifiers, glycerin and flavor enhancers. A label that says 'vegetable' or a halal mark settles it. Otherwise, ask the maker.

E101	Riboflavins	E472a	Acetic acid esters of mono- and...	E570	Fatty acids
E270	Lactic acid	E472b	Lactic acid esters of mono- and...	E585	Ferrous lactate
E304	Fatty acid esters of ascorbic acid	E472c	Citric acid esters of mono- and...	E626	Guanylic acid
E322	Lecithins	E472d	Tartaric acid esters of mono- and...	E627	Disodium guanylate
E325	Sodium lactate	E472e	Mono- and diacetyl tartaric acid...	E628	Dipotassium guanylate
E326	Potassium lactate	E472f	Mixed acetic and tartaric acid...	E629	Calcium guanylate
E327	Calcium lactate	E473	Sucrose esters of fatty acids	E630	Inosinic acid
E422	Glycerol	E474	Sucroglycerides	E631	Disodium inosinate
E431	Polyoxyethylene (40) stearate	E475	Polyglycerol esters of fatty acids	E632	Dipotassium inosinate
E432	Polysorbate 20	E476	Polyglycerol polyricinoleate	E633	Calcium inosinate
E433	Polysorbate 80	E477	Propane-1,2-diol esters of fatty...	E634	Calcium 5'-ribonucleotides
E434	Polysorbate 40	E479b	Thermally oxidised soya bean oil...	E635	Disodium 5'-ribonucleotides
E435	Polysorbate 60	E481	Sodium stearoyl-2-lactylate	E640	Glycine and its sodium salt
E436	Polysorbate 65	E482	Calcium stearoyl-2-lactylate	E641	L-leucine
E442	Ammonium phosphatides	E491	Sorbitan monostearate	E920	L-cysteine
E445	Glycerol esters of wood rosins	E492	Sorbitan tristearate	E1517	Glyceryl diacetate
E470a	Sodium, potassium and calcium...	E493	Sorbitan monolaurate	E1518	Glyceryl triacetate
E470b	Magnesium salts of fatty acids	E494	Sorbitan monooleate		
E471	Mono- and diglycerides of fatty...	E495	Sorbitan monopalmitate		

Reading E numbers in the aisle is slow. PlatePal scans the barcode and flags every doubtful additive for you. Free.

Scan the code with your phone camera, or visit tryplatepal.com

PlatePal printable. A screening guide, not a religious ruling: certifiers and scholars differ. Always read the label. Free to print and copy for personal and community use.

Two pocket cards with the codes to check. Print at 100% (actual size).

HALAL E-NUMBER CHECK

Avoid: E120 Carminic acid, E542 Bone phosphate, E909 Spermaceti wax

Animal or insect:
E966 E901 E904 E1105

Can be animal, check the source:
E101 E270 E304 E322 E325 E326 E327 E422 E431 E432 E433 E434 E435 E436 E442 E445 E470a E470b E471 E472a E472b E472c E472d E472e E472f E473 E474 E475 E476 E477 E479b E481 E482 E491 E492 E493 E494 E495 E570 E585 E626 E627 E628 E629 E630 E631 E632 E633 E634 E635 E640 E641 E920 E1517 E1518

A halal mark you trust beats this card.

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Debated, often accepted

Plant, mineral or synthetic, but debated for other reasons, such as alcohol used as a carrier or how they are processed. Many authorities accept them.

E100	E127	E142	E161b	E320	E339	E451	E623	E1442
E102	E129	E150d	E163	E321	E340	E452	E624	
E104	E131	E151	E170	E334	E341	E534	E625	
E110	E132	E153	E180	E335	E343	E541	E1410	
E122	E133	E155	E252	E336	E353	E620	E1412	
E123	E140	E160a	E310	E337	E354	E621	E1413	
E124	E141	E160e	E319	E338	E450	E622	E1414	

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