

Natural Colours


Many of the coloured components of fruits and vegetables perform essential functions within nature. Without chlorophylls, photosynthesis, upon which the plant kingdom depends, would not take place. Many carotenoids, in particular, the carotenoid β -carotene, are important vitamin precursors without which mammalian development would not have occurred.













There is no clear definition of what constitutes a 'natural food colourant', and this is at the discretion of the Food Technologist and company developing the food product. So how far do we question the word 'natural'?

At Hawkins Watts, we have chosen to follow Schedule 4 of the

Australia New Zealand Food Standards Code, to clarify what constitutes an Synthetic colour and then grouped everything else under the heading of Natural colours, as a rough guide. Please see our website for individual write ups on each natural colour.

The following table summarises the natural colours available from Hawkins Watts New Zealand, and their properties and applications.

* Please note, while some colours are not naturally stable in certain conditions, these challenges can be overcome with encapsulation technology. We have a range of light and acid-stable encapsulated option, indicated by 

Colour	Name	Stability					Application					
		Heat	Light	Acid	Drink	Ice Cream	Confectionary Flour	Sugar	Dairy	Dessert	Sauce	Meat
	Beetroot	●	●	●	●	●	●	●	●	●	●	●
	Anthocyanins	●	●	●	●	●		●	●	●	●	●
	Red Iron Oxide	●	●	●			●	●			●	●
	Carmine/ Cochineal	●	●	●	●	●	●	●	●	●	●	●
	Paprika	●	●	●	●	●	●	●	●	●	●	●
	Carotene	●	●	●	●	●	●	●	●	●	●	●
	Annatto	●	●	●	●	●	●	●	●	●	●	●
	Yellow Iron Oxide	●	●	●			●	●			●	●
	Curcumin	●	●	●		●	●	●	●	●	●	●
	Lutein	●	●	●	●	●	●	●	●	●	●	●
	Chlorophyll	●	●	●		●		●	●	●		
	Copper Chlorophyll	●	●	●	●	●	●	●	●	●	●	●
	Caramel	●	●	●	●	●	●	●	●	●	●	●
	Carbon Black	●	●	●			●	●			●	●
	Black Iron Oxide	●	●	●			●	●			●	●
	Titanium Oxide	●	●	●			●	●			●	●

Key



= Good



= Fair



= Poor



= Suitable



= Unsuitable