

Jelly rings

From the sweeties.net wiki

Jelly rings are gummy sweets moulded into a ring shape, then coated in sugar. They come in many colours, and Kingsway, a UK pick and mix brand, sells a rainbow version in seven: yellow, green, orange, red, blue, pink and purple.

What is in them

Recipes vary between makers. As one example, a UK wholesaler lists the ingredients of Kingsway's Rainbow Rings as:

- **Glucose syrup, sugar and water**, the base of the sweet: see [what is glucose syrup?](#)
- **Beef gelatine**, which gives the chewy set: see [gelatine in sweets explained](#)
- **Modified potato starch**, which helps with the texture: see [what is modified starch in sweets?](#)
- **Acids E330 and E296**, citric and malic acid, for a fruity tang: see [what is malic acid in sweets?](#)
- **Flavourings**.
- **Colours E163, E129, E102, E160a, E133 and E110**.

The same listing describes the rings as gluten and dairy free.

A warning about colours

Three of those colours, E102, E110 and E129, are among the six colours linked by the Southampton study of 2007 to hyperactivity in some children. In the UK, food containing any of the six must carry the warning may have an adverse effect on activity and attention in children: see [the Southampton six colours](#) and [why do some sweets have a warning about children?](#)

Some sweets are coloured with fruit and vegetable concentrates instead, so whether the warning appears depends on the recipe: see [natural colours in sweets](#)

Gelatine and diet

Jelly rings made with gelatine are not suitable for vegetarians or vegans. Beef gelatine avoids pork, but whether it is halal depends on how the animals were slaughtered and the gelatine made: see [a guide to halal sweets](#)

Rings with a twist

Jelly rings have sour relatives, coated in sugar mixed with acids: see [sour apple rings](#) and [peach rings](#)

In our pick and mix

We sell [SW007](#) by the 100 g. Recipes differ between makers, so the card opens up to show the full ingredients and allergens for the jelly rings we actually stock.

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