



PARTNER PAGE

Help and facts for parents and teachers about learning, parenting, and working together for the Christian education of your children.

THE COLORFUL TRUTH ABOUT ARTIFICIAL FOOD DYES



The Latest Research on Artificial Food Dyes and their Associated Health Complications

In our vibrant and visually driven world, food aesthetics play a crucial role in enticing our taste buds. However, ongoing research has cast a shadow over the seemingly harmless allure of artificial food dyes, consistently revealing potential health complications associated with their consumption.

(Ah, man, did they have to show a doughnut with sprinkles as an example??!!)

Food dyes are used in a wide variety of foods beyond candies and sweets. You can find these artificial dyes in everything from breakfast cereals and sports drinks to canned vegetables and vitamins that are promoted to contribute to our health.

Red No. 40

Studies have shown that Red 40, a widely used food dye, may be linked to hypersensitivity reactions and behavioral issues in children. From allergic reactions to hyperactivity, this popular red hue raises red flags in terms of its potential impact on health.

Commonly found in beverages (energy/sports drinks, protein powders, etc.), dairy products (yogurts, ice cream, puddings, etc.), bakery goods, dessert frostings, foods (popsicles, chewing gum, Jello, cereals, candies, etc.), drugs (children's Motrin, cough drops, etc.) and cosmetics.

Red No. 3

In 1990, the FDA identified Red 3 as a carcinogen and banned its use in cosmetics, yet it still remains legal in our food supply. However, California recently passed a bill banning this artificial dye. The bill requires food companies to make modifications using alternative ingredients already in use overseas. This update will go into effect in 2027.

[Nearly 3,000 foods still use this toxic dye](#) including Skittles, popsicles, Peeps, sports drinks, PediaSure, protein shakes, boxed cake mixes and so much more.

Yellow No. 5 and No. 6

The cheerful appearance of Yellow 5 and 6 conceals a darker side. After decades of research, it is still considered a possible food carcinogen. The widely used artificial dye has been linked to adverse behavioral changes (hyperactivity, hypersensitivity, etc.) particularly in children, skin and gastrointestinal issues and possibly increasing tumor cell growth. As these colors grace many snacks and beverages, understanding their implications becomes crucial for parents and health-conscious consumers.

Commonly found in bakery goods, beverages (sports drinks, sodas, kids' fruit drinks), candies (Starbursts, M&Ms, candy corn, etc.), breakfast cereals, sauces, yogurts, chips (Doritos, Cheetos, etc.), gelatin desserts and many other popular foods, as well as pharmaceuticals, and cosmetics.

Blue No. 1 and No. 2

Blue-colored foods might seem otherworldly, but the health concerns associated with Blue 1 and 2 are very much grounded in reality. Studies have shown it to cause chromosomal damage and have an effect on neurodevelopment and hyperactive behaviors urging a closer examination of the blue-tinted treats we enjoy.

Commonly found in beverages, canned peas, jellies/jams, candies, condiments, mouthwashes, and many other foods and medications.

Green No. 3

Although Green 3 is prohibited in Europe and many other countries, it is still widely used in our food supply. Studies have linked it to hyperactivity and inattention in children as well as significantly increasing tumor cell growth in lab animals.

Commonly found in canned vegetables, breakfast cereals, beverages, desserts, ice creams, candies, salad dressings, medications, personal care products, and cosmetics.

Health Implications

Please note: Studies to date have not directly connected artificial dyes to cause behavioral changes in children and adolescents, yet it has been strongly linked to exacerbating effects when artificial dyes are consumed with those who already exhibit cognitive challenges such as hyperactivity, hypersensitivity, attention, and focus.

Allergic Reactions

Artificial food dyes, across the spectrum, have been implicated in triggering allergic reactions in sensitive individuals. From mild skin irritations to more severe responses, understanding the role of specific dyes in allergic responses is crucial for those with known sensitivities.

Hyperactivity in Children

While there is still much to learn regarding the potential negative impact of artificial food dyes, the potential connection between certain food dyes and increased hyperactivity, especially in children, is cause for concern. Parents and educators are advised to consider the dye content in the foods children regularly consume, particularly for those prone to behavioral issues.

Long-Term Health Concerns

Beyond immediate reactions, there is growing concern about the long-term health implications of regular consumption of foods laden with artificial dyes. Associations with conditions such as ADHD, certain cancers, and even hormonal disruptions are being explored, signaling a need for more comprehensive investigations.

As we navigate the colorful array of choices in our diets, it's crucial to be aware of the potential health complications associated with artificial food dyes. The latest research paints a nuanced picture, urging consumers to approach the spectrum of food colors with caution. In our pursuit of vibrant culinary experiences, let's not overlook the importance of prioritizing health and making informed choices when it comes to the colorful world of food dyes.

Download our infographic: [The Not-So-Sweet Truth Behind Food Dyes](#) as a quick reference guide.

Article found at <https://www.brainbalancecenters.com/blog/the-colorful-truth-about-artificial-food-dyes>

Sources:

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<https://www.cspinet.org/sites/default/files/media/documents/resource/food-dyes-rainbow-of-risks.pdf>