

Artificial Food Dyes Linked to Behavior Problems

Looks Aren't Everything:

While artificial food dyes make food look pretty, there may be a downside. Children's outbursts of disruptive behavior may be fuelled by these artificial additives. Artificial dyes are prevalent in the sugary cereals, candies, sodas, and snack foods pitched to kids. The purpose of these chemicals is often to mask the absence of real food, to increase the appeal of a low-nutrition product to children, or both. It make it difficult to identify the culprit, sugar or dyes? For over 40 years, the FDA has insisted there was little or no link between hyperactivity and food preservatives like sodium benzoate



Foods with artificial food dyes on display at a Washington, DC news conference. Photo credit: Moira Donahue.

CHEMICALS UNDER THE MICROSCOPE

Additive	Where used	Potential problems
E102 Tartrazine	Sweets, biscuits, mushy peas	Hyperactivity, asthma, rashes
E124 Ponceau 4R	Sweets, biscuits, drinks	Allergy, intolerance
E110 Sunset Yellow	Sweets, drinks, ice cream	Gastric upset, allergy
E122 Carmoisine	Biscuits, jelly, sweets, ready meals	Allergy, intolerance
E104 Quinoline Yellow	Sweets, smoked haddock, pickles	Hyperactivity, asthma, rashes
E129 Allura Red	Soft drinks, cocktail sausages	Some evidence of hypersensitivity
E211 Sodium benzoate	Soft drinks, baked goods, lollies	Hyperactivity, asthma



or artificial colorings. But in June of 2008, as a result of several new studies, the CSPI (Center for Science in the Public Interest) urged the FDA to ban artificial food dyes linked to behavior problems.

Dyes Called "Secret Shame" of Food Industry Regulators:

According to the CSPI Yellow 5, Red 40, and six other widely used artificial colorings are linked to hyperactivity and behavior problems in children and should be prohibited from use in foods. "The science shows that kids' behavior improves when these artificial colorings are removed from their diets and worsens when they're added to the their diets," said Dr. David Schab, of Columbia University. However, the US government has done little to discourage their use and food manufacturers continually increase their reliance on them. Concerned parents should pressure their congressmen to support legislation to phase-out artificial dyes.

In conclusion, there is irrefutable evidence that both high sugar levels and artificial food dyes have absolutely no redeeming nutritive value. They trigger behavior problems as well as detract from overall health. Simply void them!

More Details — <http://www.4to40.com/health/index.asp?id=162> & www.cspinet.org/new/200806022.html