

Food Dyes Showing Hazardous Impact On Humans

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ABSTRACT

Dyes are complex organic chemicals that were originally derived from coal tar, but now from petroleum .People associate certain colors with certain flavours, and the color of food can influence the perceived flavour in anything from candy to wine. Many dyes have been banned because of their adverse effect on humans. Because of those toxicological considerations, including carcinogenicity, hypersensitivity reactions, and behavioral effects, food dyes cannot be considered safe.

INTRODUCTION

Food Dyes

Dyes are complex organic chemicals that were originally derived from coal tar, but now from petroleum .People associate certain colors with certain flavours, and the color of food can influence the perceived flavour in anything from candy to wine (5,6) .Dyes dissolve in water, but are not soluble in oil. Dyes are manufactured as powders, granules, liquids or other special purpose forms. They can be used in beverages, dry mixes, baked goods, confections, dairy products, pet foods, and a variety of other products.Petroleum-based food dyes are particularly dangerous.Dyes also have side effects (1,2).

DISCUSSION

Effect On Humans

Many dyes have been banned because of their adverse effect on humans.

Yellow 5 may be contaminated with several cancer-causing chemicals. In addition, Yellow 5 causes sometimes-severe hypersensitivity reactions in children.

Red 40 causes hypersensitivity (allergy-like) reactions in a small number of consumers and might trigger hyperactivity in children.

Brilliant Blue can include allergic response in individual with pre-existing moderate asthma. The dye cause hypersensitivity reaction

Indigo Carmine is harmful to the respiratory tract if inhaled. It is also an irritant to the skin and dyes. The dye is filtered rapidly by the kidneys from the blood, and colors the urine blue.

Erythrosine colors maraschino, baked goods and candy. Banned by the FDA for causing thyroid tumors when used in externally applied cosmetics and topical drugs.

Sunset Yellow used in beverages, desserts, gelatin, candy and even sausage. Found to cause adrenal tumors and trigger severe hyperactivity in children.

Tartrazine have been shown to behave like estrogen in human body. It is bad because high levels of estrogen ,regardless of the source can contribute to breast cancer and may decrease male sex drive, among other highly undesirable effects.

CONCLUSION

Because of those toxicological considerations, including carcinogenicity, hypersensitivity reactions, and behavioral effects, food dyes cannot be considered safe. The FDA should ban food dyes, which serve no purpose other than a cosmetic effect (3,4).

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