

# Nutrition Fact Check Food Dyes

0:04

You've probably heard the term food dyes a lot recently, everywhere from social media to the news to conversations with friends and family.

0:11

What are food dyes?

0:13

Hi, I'm Jen Bruning, registered dietitian nutritionist and spokesperson for the Academy of Nutrition and Dietetics.

0:20

According to the US Department of Agriculture, a color additive is defined as any substance that imparts color to food, drugs, or cosmetics, or the human body.

0:29

These additives can be either synthetic or derived from natural sources and are often referred to as food dyes.

0:35

Synthetic food dyes are commonly used in processed foods like sugary beverages and fast food to enhance color and visual appeal.

0:42

The US Food and Drug Administration requires manufacturers to prove the safety of food dyes and sets clear guidelines on their food uses, allowable amounts, and labeling requirements.

0:53

While no studies link synthetic dyes to cancer, some research suggests possible behavioral effects in a small number of children.

1:00

Though the findings are inconsistent.

1:02

More research is needed to fully understand food dyes and their impact.

1:06

Everyone's dietary needs are different.

1:08

To ensure you get the nutrition plan that's tailored to your health needs, see a registered dietitian nutritionist.

1:14

For more information on food dyes, go to [eatrightpro.org/NutritionFactCheck](http://eatrightpro.org/NutritionFactCheck).