

Understanding the Effects of Synthetic Food Dyes

We are dedicated to empowering parents and guardians with essential knowledge regarding the impact of synthetic food dyes on children's health. Recent studies continue to demonstrate that these artificial colors can significantly affect children's behavior, often leading to symptoms such as hyperactivity, inattention and restlessness. While some effects may be temporary, prolonged exposure to synthetic food dyes can negatively impact a child's ability to learn and thrive academically.

Research has found a connection between synthetic food dyes and the exacerbation of ADHD-like symptoms, including increased hyperactivity and difficulties with attention. Beyond these behavioral issues, consumption of artificial colors may also be associated with problems like sleep disturbances, irritability and aggression. It's important to keep in mind that children exhibit varying levels of sensitivity to these dyes, and for those with conditions such as autism spectrum disorder, exposure may intensify existing symptoms.

By understanding the potential effects of synthetic food dyes on health and behavior, you can take proactive steps to ensure what works best for you and your family.

To help you make informed choices for your family, we have compiled a list of common artificial food dyes along with their alternative names. Wee Love Preschool refrains from offering snacks and treats that contain synthetic food dyes.



A vertical rainbow background with horizontal bands of red, orange, yellow, green, blue, and purple.

Common Artificial Food Dyes:

RED 40

Other Names: Fancy Red, Allura Red AC
and E129

YELLOW 5

Other Names: Food Yellow 4, Tartrazine,
Tartrazine Lake, Acid Yellow 23, Yellow
Lake 69 and E102

YELLOW 6

Other Names: Sunset Yellow, Orange
Yellow S, C.I. Food Yellow 3 and E110

BLUE 1

Other Names: Brilliant Blue and E133

BLUE 2

Other Names: Indigo Blue, Acid Blue 74,
Indigo Carmine, Indigotine and E132

GREEN 3

Other Names: Solid Green, Fast Green,
Green 1724 and E143