



Immune Reactivity to Food Coloring

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Artificial dyes are made from petroleum and have been approved by the US Food and Drug Administration (FDA) for the enhancement of the color of processed foods. They are widely used in the food and pharmaceutical industries to increase the appeal and acceptability of their products.

Synthetic food colorants can achieve hues not possible for natural colorants and are cheaper, more easily available, and last longer. However, since the use of artificial food coloring has become widespread, many allergic and other immune reactive disorders have increasingly been reported.

What actually happens once these petrochemicals get into our bodies?

This paper does a good job of explaining why Dr. Feingold used to say that food additives “can affect any system of the body” and why there can be so many different reactions to them.



During the past 50 years, the amount of synthetic dyes used in foods has increased by 500%. Simultaneously, an alarming rise has occurred in behavioral problems in children, such as aggression, attention deficit disorder (ADD), and attention deficit hyperactivity disorder (ADHD).

The ingestion of food delivers the greatest foreign antigenic load that challenges the immune system.

Artificial colors can also be absorbed via the skin through cosmetics and pharmaceutical products. The molecules of synthetic colorants are small, and the immune system finds it difficult to defend the body against them.

Dyes cause damage to the lining of the intestine, leading to behavioral disorders as well as inflammation.

They can also bond to food or body proteins and, thus, are able to act in stealth mode to circumvent and disrupt the immune system.

The consumption of synthetic food colors, and their ability to bind with body proteins, can have significant immunological consequences.



The consumption can activate the inflammatory cascade, can result in the induction of intestinal permeability to large antigenic molecules, and could lead to cross-reactivities, autoimmunities, and even neurobehavioral disorders.

Synthetic food dyes can disrupt the immune system.

The Centers for Disease Control (CDC) recently found a 41% increase in diagnoses of ADHD in boys of high school age during the past decade. More shocking is the legal amount of artificial colorant allowed by the FDA in the foods, drugs, and cosmetics that we consume and use every day.

The consuming public is largely unaware of the perilous truth behind the deceptive allure of artificial colors.

Make copies of this article for the professionals who work with your child.

More information about the research on food dyes can be found at www.feingold.org and www.TalkingAboutTheScience.com