



## Healthier Food for Your Child: Getting Artificial Coloring out of Your Child's Diet

### Why Can Artificial Coloring Be a Problem?

A number of research studies tell us that children with autism may be more sensitive to certain types of food than other children. These sensitivities can include the coloring that is often added to many canned and packaged foods.

Recent research studies show that preschool children have more behavior problems when they eat foods with artificial coloring, particularly red dye. Eliminating artificial coloring from your child's diet is a good first step to a healthier diet. To do this you will need to become a label reader.

You will be amazed at how many foods have added coloring added. If you look at a food item with ingredients on the label such as "artificial flavors and colors" or colors like "red 40" or "FD & C Yellow #5," leave it on the shelf!

The following are examples of where you will find artificial coloring:

- ◆ Dry mixes and boxed food (Jell-O, puddings, cake mixes, pancake mixes, macaroni and cheese, cereals, powdered fruit drinks)
- ◆ Bakery products (cookies, sweet rolls, icings, crackers)
- ◆ Candy
- ◆ Dairy products (most ice creams and sherbets)
- ◆ Meats (some sausages)

It is true that label reading takes extra time at first. However, you can still find foods with no artificial dyes without spending a lot of extra money. As a first step, replace the foods with artificial coloring that your child eats with

similar dye-free foods in order to make the change easier for your child, particularly if he has favorites. Some of the new foods may not have more nutritional value than foods your child is eating now but they will be dye free. As your child becomes accustomed to the changes, you can begin substituting more healthy snacks like vegetables and fruit.

The list on the following pages was developed after a shopping trip to a discount food store as an example of some of the economical substitutes you can make for common foods containing artificial coloring. Note: Even if a brand name is in the "try this instead" column, it does not mean that all products by that brand are dye free. Be particularly careful to check the labels of foods that are red, pink, orange and yellow.

### Do Medicines Contain Artificial Color?

Yes, many liquid children's medicines contain artificial color. If you are purchasing over-the-counter medicines, read the labels. Some of the infant/toddler formulas are dye free. If your child is prescribed a medicine such as amoxicillin (the pink, liquid antibiotic), tell your pharmacist that you would like a dye-free version and he/she can look for one. If no version of the brand prescribed is free of dye, the pharmacist can call your doctor for an alternative.

### Where Can I Find Examples of Food and Medicine without Dye?

The tables on the following pages include examples of food and medicine without dye.

If You are Buying:	Try This Instead:
<p><b>Boxed Cereal and Toaster Pastries</b></p> <p>Examples of cereals with artificial color:</p> <ul style="list-style-type: none"> <li>• Lucky Charms (red 40, yellow 6, blue 1)</li> <li>• Trix (red 40, yellow 6, blue 1)</li> <li>• Fruity Pebbles (red 40, yellow 5 and 6, blue 1)</li> <li>• Apple Jacks (red 40, yellow 6)</li> <li>• Life Cereal (yellow 5, yellow 6)</li> <li>• Captain Crunch (yellow 5 and 6)</li> <li>• Fruity Cheerios (red 40, yellow 6, blue 1)</li> <li>• Malt-O-Meal Tootie Fruities (red 40, yellow 5, blue 1)</li> <li>• Malt-O-Meal Marshmallow Maties (red 40, yellow 5 and 6, blue 1)</li> <li>• Kellogg's Pop-Tarts (strawberry, mixed berry, and raspberry) (red 40, yellow 6, blue 1)</li> </ul> <p>Check all cereals and pastries that are any color other than tan; although a few of the tan ones have coloring too.</p>	<p>Examples of cereals without artificial color:</p> <ul style="list-style-type: none"> <li>• Cheerios*</li> <li>• Rice Chex*</li> <li>• Cocoa Puffs</li> <li>• Kix</li> <li>• Frosted Flakes</li> <li>• Malt-O-Meal Skooters Honey Nut</li> <li>• Malt-O-Meal Golden Puffs</li> </ul> <p>*Starred cereals are lower in sugar</p>
<p><b>Crackers, Chips and Salty Snacks</b></p> <p>Examples of crackers and chips with artificial color:</p> <ul style="list-style-type: none"> <li>• Frito-Lay baked Doritos (red 40, yellow 6)</li> <li>• Cascade Pride Cheese Puffs (yellow 5 and 6)</li> <li>• Frito-Lay Crunch Cheetos (yellow 6)</li> <li>• Pringles Cheddar (yellow 6)</li> </ul> <p>Many crackers and chips do not have artificial color; double check anything that is orange.</p>	<p>Examples of crackers and chips with no artificial color:</p> <ul style="list-style-type: none"> <li>• Goldfish</li> <li>• Cheese Nips</li> <li>• Wheat Thins</li> <li>• Rold Gold Pretzels</li> <li>• Santitos White Corn Chips and Yellow Corn Chips</li> <li>• Lay's Classic Chips</li> <li>• Multigrain Sun Chips</li> <li>• Frito's Scoops!</li> <li>• Natural Brand White Cheddar Puffs</li> <li>• Kettle Chips (all flavors)</li> </ul> <p>There are quite a few crackers from which to choose. Ones made with whole grains will often have less salt and more nutrition.</p>

If You are Buying:	Try This Instead:
<p><b>Jell-O and Puddings</b></p> <p>Examples of gelatin desserts and puddings with artificial colors:</p> <ul style="list-style-type: none"> <li>• Jell-O Gelatin Strawberry (red 40)</li> <li>• Jell-O Gelatin Grape (red 40, blue 2)</li> <li>• Jell-O Instant Chocolate Fudge Pudding (red 40, yellow 5, blue 1)</li> <li>• Jell-O Instant Vanilla Pudding (yellow 5, 6)</li> <li>• Flavorite Butterscotch Pudding (red 40 yellow 5 and 6)</li> <li>• Hunts Snack Pack Chocolate (“artificial color added”)</li> <li>• Hunts Snack Pack Vanilla (yellow 5 and 6)</li> </ul> <p>Most of the mixes in a typical food store have artificial colors; even the vanilla flavored puddings have yellow dye.</p>	<p>Examples of gelatin desserts and puddings without artificial color:</p> <ul style="list-style-type: none"> <li>• Knox Gelatin (buy plain flavor and add fruit juice without artificial color – the recipe is on the box)</li> <li>• Hunts Snack Pack (Lemon Meringue)</li> <li>• Swiss Miss Snack Pack (Banana Cream)</li> <li>• Kozy Shack Chocolate</li> <li>• Kozy Shack Tapioca</li> </ul>
<p><b>Cookies and Cake Mixes</b></p> <p>Examples of cookies and cake mixes with artificial color:</p> <ul style="list-style-type: none"> <li>• Winco Polvorones (red 40, red 3, yellow 5 and 6)</li> <li>• Circus Frosted Animal Crackers (red 40 and 3, yellow 6, blue 1)</li> <li>• Betty Crocker Party Rainbow cake mix (red 40, yellow 5 and 6, blue 1)</li> <li>• Betty Crocker Moist Carrot cake mix (red 40, yellow 6)</li> </ul>	<p>Examples of cookies, cake mixes without artificial color:</p> <ul style="list-style-type: none"> <li>• Teddy Grahams*</li> <li>• Circus plain animal crackers*</li> <li>• Gingersnaps (any brand)</li> <li>• Fig bars (not ones with red or blue filling)</li> <li>• Graham crackers*</li> <li>• Oreos</li> <li>• Duncan Hines Classic White cake mix</li> <li>• Flavorite Moist Devils Food cake mix</li> </ul> <p>*Starred crackers are lower sugar options</p>
<p><b>Cheeses</b></p> <p>Examples of cheeses with artificial color:</p> <ul style="list-style-type: none"> <li>• Flavor singles (“artificial color”)</li> </ul> <p>Check all orange cheeses, especially the individually wrapped slices; some have it, some don’t.</p>	<p>Examples of cheeses without artificial color:</p> <ul style="list-style-type: none"> <li>• Mozzarella cheese sticks or other white cheeses.</li> <li>• Kraft singles</li> <li>• Velveeta</li> <li>• Flavorite Sharp Cheddar</li> <li>• Flavorite Mozzarella</li> </ul>

If You are Buying:	Try This Instead:
	<ul style="list-style-type: none"> <li>• Frigo Mozzarella String Cheese</li> </ul> <p>If you want cheese with no coloring, choose the white cheeses. The orange cheeses have a variety of natural colorings added.</p>
<p><b>Ice Cream</b></p> <p>Examples of ice creams with artificial coloring:</p> <ul style="list-style-type: none"> <li>• Deluxe Very Berry Cheesecake (red 40)</li> <li>• Deluxe Neapolitan (red 40, blue 1)</li> </ul> <p>If it has colors other than chocolate, check the label.</p>	<p>Examples of ice creams without artificial coloring:</p> <ul style="list-style-type: none"> <li>• Deluxe Vanilla</li> <li>• Breyers brand</li> <li>• Häagan Dazs brand</li> <li>• Ben &amp; Jerry's brand</li> <li>• Dreyer's brand</li> <li>• Helados Mexico Strawberry</li> </ul>
<p><b>Ice Pops</b></p> <p>Examples of ice pops with artificial color:</p> <ul style="list-style-type: none"> <li>• Popsicle Rainbow (red 40, yellow 6, blue 1)</li> <li>• Deluxe Twin Pop (red 40, yellow 6, blue 1)</li> <li>• Dreyer's Fruit Bars no sugar (grape, cherry, tropical) (red 40)</li> </ul> <p>Most have artificial color – even the fruit juice bars.</p>	<p>Examples of ice pops without artificial color:</p> <ul style="list-style-type: none"> <li>• Dreyer's Fruit Bars</li> </ul> <p>A few of the fruit juice bars do not have natural color and some are reasonably priced. Another idea: buy fruit juice that does not have artificial color, pour it into snack sized plastic bags and freeze to make individual ice pops.</p>
<p><b>Candy and Fruit Rolls</b></p> <p>Examples of candy/ fruit rolls with artificial color:</p> <ul style="list-style-type: none"> <li>• Skittles (red 40, yellow lake, blue 1)</li> <li>• Red licorice (red 40)</li> <li>• M &amp; M's (red 40, yellow 6, blue 1)</li> <li>• Gummy Worms/Bears (red 40 yellow 5, yellow 6, blue 1)</li> <li>• Trolli Sour Brite Crawlers Gummy Candy (red 40, yellow 5 and 6, blue 1)</li> <li>• Life Savers 5 Flavor (red 40, yellow 5, blue 1)</li> <li>• Western Family Fruit Snackers (red 40, blue 1)</li> <li>• Sunkist Fruit Smoothie Blitz Fruit Rollups (red 40)</li> </ul>	<p>Examples of candy and fruit rolls without artificial color:</p> <ul style="list-style-type: none"> <li>• Junior Mints</li> <li>• Hershey's chocolate</li> <li>• Milky Way</li> <li>• 3 Musketeers</li> <li>• Capri Sun Strawberry Kiwi fruit flavored snack rolls</li> </ul>

If You are Buying:	Try This Instead:
<p><b>Drinks</b> (juices, juice flavored drinks and fruit flavored mixes)</p> <p>Examples of juices and drink mixes with artificial color:</p> <ul style="list-style-type: none"> <li>• Langer’s Ruby Red Grapefruit (red 40)</li> <li>• V8 Splash Berry Blend (red 40)</li> <li>• Kool-Aid Twists (Strawberry Kiwi, red 40) (lemonade, yellow 5)</li> <li>• Hi-C Blast Fruit Drink (wild berry) (red 40)</li> </ul>	<p>Examples of juices, juice flavored drinks without artificial color:</p> <ul style="list-style-type: none"> <li>• Langer’s Cranberry Raspberry</li> <li>• Flavorite Unsweetened Apple Juice</li> <li>• Capri Sun juice boxes (red berry and coastal cooler)</li> <li>• Hi-C Blast Strawberry and Orange</li> <li>• Minute Maid Cooler (pink lemonade, berry bunch, fruit punch)</li> </ul>
<p><b>Toothpaste</b></p> <p>Examples of toothpastes with artificial color:</p> <ul style="list-style-type: none"> <li>• AIM (yellow 10, blue 1)</li> <li>• Aqua Fresh Extra Fresh (red 30, blue 1)</li> <li>• Colgate Maxi Fresh with Breath Strips (red 40)</li> </ul> <p>(A recent study found that young children swallow nearly half of the toothpaste that is put on their toothbrushes.)</p>	<p>Examples of toothpastes without artificial color:</p> <ul style="list-style-type: none"> <li>• Colgate Clean Mint</li> <li>• Tom’s Natural for Children</li> </ul>
<p><b>Medicine</b></p> <p>Examples of children’s over the counter medicine with artificial color:</p> <ul style="list-style-type: none"> <li>• Pepto-Bismol – Children’s (red 27)</li> <li>• Children’s Tylenol (bubblegum) (red 33, red 40)</li> <li>• Children’s PediaCare Cough Syrup (grape) (red 33, blue 1)</li> <li>• Benadryl (children’s) (red 33, red 40)</li> <li>• Children’s Nyquil (red 40)</li> </ul>	<p>Examples of children’s over the counter medicine without artificial color:</p> <ul style="list-style-type: none"> <li>• Infant Motrin Drop Dye-free</li> <li>• Children’s Tylenol Dye-free</li> <li>• WellPatch Fever Cooling Pads</li> <li>• Children’s Claritin Fruit Flavored Syrup</li> </ul>