



# HEALTHY YOU

July 2008

UK Health & Wellness Program  
116A Seaton Center • Lexington, KY 40506-0219  
[www.uky.edu/HR/wellness](http://www.uky.edu/HR/wellness) • (859) 257-WELL (9355)

## Ask the Expert: Dangerous food dyes?



**Q** I've read in the news that the FDA is being urged to ban certain food dyes. Are these dyes really dangerous? Should I avoid eating foods that contain them?

**A** The debate about food dyes is a hot topic in today's headlines. But please keep in mind that the controversy is centered primarily on how food dyes may affect children. A consumer advocacy group, The Center for Science in the Public Interest, is urging the FDA to ban specific food dyes because of their possible link to hyperactivity and behavior problems in sensitive children. The US Food and Drug Administration (FDA) argues that color additives undergo safety reviews prior to approval for marketing and that samples of each artificial coloring are tested. The FDA concludes that the ingredients are safe for the general population and notes that the European Food Safety Agency holds a similar view.

So what should you make of all this? If you have a child with behavioral problems, you might want to experiment with dye-free foods. Read ingredient lists and do not purchase foods that contain the dyes in question: Yellow 5, Red 40, Blue 1, Blue 2, Green 3, Orange B, Red 3, and Yellow 6. Keep in mind that not-so-healthy foods are probably more likely to contain food dyes because they are highly processed foods that are colored to make them look fresher and more like "real" foods. So, not only will you be cutting out food dyes, but you'll probably find yourself purchasing more healthful foods that are less processed. And that is good for the whole family!

If you find that this experiment does not result in behavior improvement or if your child does not currently have behavioral problems, then you'll have to make a decision about what to do. The evidence about food dyes is mixed and we don't yet have all the answers. If you can easily find and purchase foods with no dyes and it gives you peace of mind, then go with that approach. But you also don't want to get yourself in a frenzy trying to avoid all food dyes when we don't have conclusive evidence about their potential harm. As with anything, awareness and moderation are most important! — Karen Bryla McNees, Ed.D., R.D.



Have a fitness or nutrition question? Ask our experts! We'll feature selected questions and answers in the newsletter. E-mail us at [healthandwellness@email.uky.edu](mailto:healthandwellness@email.uky.edu).



# HEALTHY YOU

## Quick & Healthy Recipe

### **Simple Southern Style “Unfried” Chicken** (*Kraft Foods Web site*)

Prep Time: 15 min Total Time: 1 hr 30 min

Makes: 6 servings

1 broiler fryer chicken (3 1/4 lb.), cut up  
1/2 cup Light Ranch Reduced Fat Dressing  
1 pkt. SHAKE ‘N BAKE Extra Crispy Seasoned Coating Mix

Remove skin from all chicken pieces except wings. Place chicken in large resealable plastic bag. Add dressing. Seal bag; turn to evenly coat chicken with dressing. Refrigerate 30 min. to marinate.

Preheat oven to 400°F. Place coating mix in pie plate or shallow dish. Dip chicken in coating mix, turning each piece over to evenly coat both sides. Place in single layer on baking sheet. Sprinkle with any remaining coating mix. Discard bag and marinade.

Bake 40 to 45 min. or until chicken is cooked through (165°F).



### **Come with us to the Farmers Market!**

Farmers Market bus rides began June 3, 2008 and will run every Tuesday through August 26, 2008. The bus ride is FREE, and you can't

beat the market for the freshest fruits and veggies in town.

We'll pick you up, drive you to the market, wait 30 minutes while you shop, and get you back to work on time.

For a map of pick-up spots and more information, visit [www.uky.edu/HR/wellness/farmersmarket.html](http://www.uky.edu/HR/wellness/farmersmarket.html).



The UK Health & Wellness Program is part of UK's employee benefits package and is available to all UK employees, retirees, spouses and sponsored dependents.