

# **FDA bans Red No. 3 dye found in many of your favorite snacks**

**Scientists knew it causes cancer in rats since the 1980s.**

The Food and Drug Administration is banning the use of Red No. 3, the petroleum-based dye that gives many popular foods and drinks their recognizable, vibrant hues. Although some companies already began phasing out the additive prior to the FDA's January 15 announcement, the synthetic ingredient is still found in over 3,000 products like fruit juice, beef jerky, sodas, and even some over-the-counter medications.

Red No. 3, chemically known as erythrosine, was first introduced into foods in 1907. Companies subsequently added it to thousands of products to boost their colors over the decades, often in snacks like ice cream and candy marketed directly to children. Some of the earliest calls for Red No. 3's removal date back to the 1980s, when a research study indicated the synthetic could be carcinogenic in rats after ingesting it in large enough amounts. There is no definitive link between the additive and cancer in humans, but consumer advocacy groups continued to push for its prohibition.

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Source: <https://www.popsoci.com/health/red-3-ban/>

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