

# Tiny Tots, the victim of food additives

Every substance has its individual colour and flavour, but only a few are pleasant and attractive. People all over the world have done all they can to make food smell and look appetizing. Food additives are attractive colours enticing flavours and can be seen in attractive drinks, candy chocolates and gums. They are all around us and are getting whackier and bolder. In recent years synthetic colours and flavours are being used more freely. It is said that all the natural vanilla in the world would be insufficient to flavour the vanilla.

Now-a-days lot of our food contains allergic toxins through colouring, preservatives and additives, as well as the use of pesticides and insecticides. These allergens can cause our immune system to turn against itself. Since children are very sensitive, they react to it

fast. As a result disease like nephritis, colitis, diverticulitis, anemia, allergies, etc can occur. Do we ever bother about the composition of these additives, which are chemicals?

There, indeed, exist harmless, permissible additives but there are a large number of the detrimental variety. I had not paid much attention towards this until my own experience. One evening I happened to go to a park along with my wife and grandson. After a few horse-rides, he was attracted towards a candy vendor who was selling colourful woolly balls. I couldn't stop my wife to buy one for him. After he ate, the pigments of colour left on the stick drew my attention & I noticed, it had high fluorescent taint left behind. Although I threw the stick, my mind was stuck to it! I questioned myself; can a harmless additive have a fluorescent shine? God knows how many of our children are consuming these pigments every day! I know, in Europe some researchers believe that British food is the sick food of Europe. We, their onetime slaves still follow many things, which



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they left. One of my American friends said, "Americans will eat anything if you manage to color it orange". I don't know why, possibly he might have broadened his comment by saying we want colour to match flavour. In America no one would buy a grape drink if it was not coloured purple. Or a cherry drink, if not coloured red or an orange drink, if not coloured orange.

Food colours may be either natural or synthetic, but indeed all substances, which appear colourful are chemicals, which may be carcinogenic. Yes, many foods are by nature strongly coloured and add much to their appeal. Examples are red apple, golden apple, peach, apricot, asparagus, blue berry, carrot, cherry, cheese, coffee, or sweet corn. Synthetic colours are many and used in candies, or iciling (icicle), snack foods, gelatin desserts or baked dishes. In USA the food colours certified by FDA are, Tartrazine, Orange B, Cilvus Red, and erythrosine. They are probably not allergic, and safe for consumption by most. The question that comes up is, which dyes should be certified, and in India do concerned authorities bother? Every dye has adverse properties, it can cause anything from erythema to asthma and anaphylactic shock to cancer!

Natural colours are centuries old. In sanskrit writings, the history of colour can be traced even before 1500 BC For example coriander is said to have a flavour somewhat reminiscent of lemon peel and sage. Maize (corn) is commonly used, but causes headache and

respiratory allergy, in the sensitive individuals. In the same way cotton seed flour has been used to some extent to give fine texture to candies, pastries, and some other baking items.

Chocolate and cola are the two most common food items, which may cause allergy. Chocolate and cola are capable of causing various kind of food allergy, common in migraine. Indian fennel-leaves, coriander, cucumber, lemon, mango, fig, garlic, ginger are also very old, used for balancing food. Fennel contains florentine, an ingredient, which flavours food and is safe. Flavours are the essence of food. Gelatin is a complex mixture of proteins used in desserts and candies and as thickener and stabilizer. It is derived from the boiling of connective tissue, bones and skin of beef and pork & may act as allergen.

Yet one more major problem now a days is that our food is refined to such an extent that it has become deficient in live energy. Chemicals that are harmless themselves can cause serious harm when they combine themselves with human serum proteins and then weaken the immune system. This is also a main reason why allergic diseases are at large! Let us just stop here a moment and consider just one example-that of wheat, now contains so many chromosomes that many people have become allergic to it. In this world of technology there is a limited need for food additives. Let us train ourselves to look at the labels and learn about what possible damage we could innocently be inflicting on ourselves and on our children.

Love creates an 'us' without destroying a 'me' – Anonymous

A smile is the shortest distance between two people – Victor Borge

Love makes time pass; time makes love pass – French Proverb