

Nurses Notes on Nutrition
“Eating a Colorful Meal - Part I”
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The American Dietetic Association encourages to “Eat Right with Color.” Colorful foods usually include a variety of fruits and vegetables that provide fiber, vitamins, minerals, antioxidants and phyto-nutrients that we need to stay healthy, and to fight weight gain, cancers, heart disease and the effects of aging.

Adding color however, does not mean dyes added to food. Dyes are often used to make food more attractive, especially to children, and to simulate the presence of natural colors or ingredients, like in fruits. The FDA, so far, has not had proven evidence that food dyes are related to hyperactivity in children. There is the possibility however, that dyes may exacerbate behavioral problems in “certain susceptible children.” Banning additives or strict warning labels on foods is still being studied and debated. Learn more on colors in my other “Eating a Colorful Meal” articles and from these sources: The American Dietetic Association <http://www.eatright.org>; or “Do food dyes make kids hyperactive? FDA to decide.” [www.msnbc](http://www.msnbc.com). or [The Dietary Guidelines For Americans www.dietaryguidelines.gov](http://www.dietaryguidelines.gov).

