

# U.S. should ban toxic ingredients



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Many big food corporations sell their products all over the world and their ingredients vary from country to country depending on different regulations.

In the United States, you'll find many toxic ingredients that have been banned in other countries.

That needs to change as U.S. food corporations use a variety of artificial flavors and additives that are harmful when consumed.

There's no excuse for allowing toxic ingredients to be used in our food and it's up to the U.S. government to hold these corporations accountable.

One of the most common additives in American food is artificial dyes, such as red 40, yellow 6 and yellow 5.

Most artificial food dyes are derived from petroleum and can be found in food items including cereal, ice cream and sports drinks.

Petroleum is a fossil fuel that is used in a variety of products such as gasoline and asphalt, according to a National Geographic encyclopedia entry.

These dyes have been linked to Attention Deficit Hyperactivity Disorder (ADHD) and other behavioral effects in children, according to an

April 29, 2020 Healthline article.

The article said these additives can cause ADHD because of how they alter childrens' brain chemistry and deplete their bodies of minerals that are necessary for development, such as zinc.

Studies have shown restricting this dye from children's diets significantly helped improve their ADHD symptoms.

The use of these dyes has been restricted in Europe because of scientific evidence that the dyes are harmful to children, according to an Oct. 9, 2019 Stacker article.

The dyes are completely banned in Austria and Norway and the U.S. needs to follow suit to protect our children's health.

Potassium bromate is another common additive found in many dough products.

Potassium bromate is a powerful oxidizing agent that is used to chemically age flour to make bread rise quicker and more evenly, according to a May 30, 2013 Live Science article.

Though an effective leavening agent, potassium bromate is also known to cause cancer in rats and is thought to be carcinogenic to humans, according to a



ILLUSTRATION BY BIANCA RADER

## By continuing to allow these chemicals to be put into our food, our government is consenting to poisoning its people.

New Jersey Department of Health and Senior Services fact sheet.

Scientists believe there may be no safe level of exposure to potassium bromate, according to the fact sheet.

It is so toxic that it has been banned throughout the European Union, Canada,

Argentina, South Korea and many other countries.

By continuing to allow these chemicals to be put into our food, our government is consenting to poisoning its people.

Additives including artificial dyes and potassium bromate are used so frequently because they

make food cheaper and easier to produce.

While efficiency is important to any business, it should never come at the cost of health and safety.

Corporations are taking advantage of this country's loose regulations and are poisoning Americans for profit.

This issue continues to perpetuate because food corporations are allowed to lobby for their own interests.

Lobbyists are allowed to have a say in what the Food and Drug Administration approves as "safe" for human consumption, according to an April 16, 2020 article on 100 Days of Real Food, a blog on mindful eating.

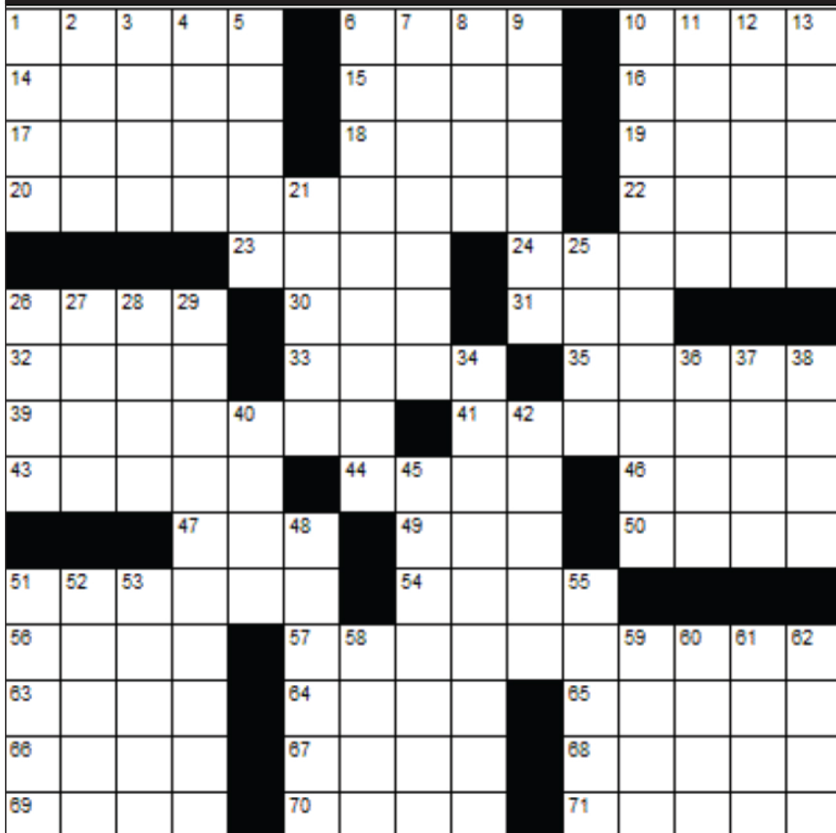
The U.S. claims to be one of the best countries in the world, yet it's behind several countries when it comes to food safety policies.

The government must update restrictions on harmful food additives and ban the food industry from lobbying its interests to protect Americans.

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## CLASSIFIEDS

### CROSSWORD PUZZLE



**ACROSS**

- 1. Japanese wrestlers
- 6. Hens make them
- 10. Hats
- 14. Not together
- 15. Sensed
- 16. Nursemaid
- 17. Oarsman
- 18. Parasitic insect
- 19. Fail to win
- 20. Nonchalant
- 22. Adorable
- 23. Diplomacy
- 24. Loan shark
- 26. Teller of untruths
- 30. 52 in Roman numerals
- 31. Snake-like fish
- 32. Border
- 33. Sell
- 35. Small drum
- 39. Become looser
- 41. Jubilation
- 43. Small finch
- 44. A soft porous rock
- 46. Gumbo
- 47. Dowel
- 49. A gesture of assent
- 50. Bobbin

**DOWN**

- 1. Indian dress
- 2. Atop
- 3. Mouths
- 4. Chocolate cookie
- 5. Swagger
- 6. Efficacious
- 7. Jelly
- 8. Secluded valley
- 9. Sculpture
- 10. Adding machine
- 11. French for "Love"
- 12. Adhesive
- 13. Absolute

- 21. Give birth
- 25. Bristle
- 26. Not more
- 27. Doing nothing
- 28. Food thickener
- 29. Multiplicative inverse
- 34. Removes trees
- 36. Bicycle
- 37. Wisdom
- 38. A Freudian stage
- 40. Leg joint
- 42. Burdened
- 45. Ill-defined
- 48. Whirl
- 51. Ceases
- 52. Name of a book
- 53. Bay window
- 55. Aromatic solvent
- 58. Pitcher
- 59. Disabled
- 60. Black, in poetry
- 61. Location
- 62. Goulash

### SUDOKU PUZZLE

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

1	8		9					5
		5						
4	3			8			1	
				1			8	
8			4		5			2
		7		9				
		2		6			7	1
						5		
7				1			2	9

### SOLUTIONS 2/25/2021

P	A	P	A	S	H	A	M	S	R	A	N	I		
O	R	A	L	L	A	N	A	I	E	D	E	N		
S	O	L	I	C	I	T	O	U	S	D	H	A	K	
E	S	E	O	V	E	N	S	W	E	E	P	S		
R	E	D	U	C	E	D	O	T	H	E	R			
		N	O	R	B	L	O	O	M	E	R	S		
C	U	R	I	A	D	R	E	A	M	N	E	E		
O	L	I	O	F	R	A	U	D	S	C	A	R		
A	N	S	M	I	A	S	M	S	H	E	L	F		
T	A	K	E	O	F	F	S	C	E	O				
		I	N	S	E	T	A	L	E	W	I	F		
P	A	N	T	S	S	O	L	A	R	M	I	G		
U	S	E	R		I	M	P	A	S	S	A	B	L	E
R	I	S	E		D	E	E	M	S	S	U	M	S	
E	A	S	E		A	N	N	O	Y	L	E	S	T	

2	9	6	4	5	1	8	7	3
8	4	1	9	3	7	6	2	5
3	7	5	2	8	6	9	4	1
6	2	9	8	4	5	1	3	7
4	3	7	1	2	9	5	8	6
1	5	8	7	6	3	2	9	4
9	1	2	6	7	4	3	5	8
7	6	3	5	9	8	4	1	2
5	8	4	3	1	2	7	6	9

### JOKIN' AROUND

What creature is smarter than a talking parrot?

A spelling bee.

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