**Title: Red 40 and Green 3**

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**Abstract:**

Red 40, or Allura red, and green 3, or fast-green FCF, are both artificial dyes derived from petroleum and crude oil. These dyes are commonly seen in many foods, including cereals, candies, drinks, and condiments. Many companies use red 40 and green 3 to make their product more appealing and aesthetically pleasing to the eye, for example cherry candy being bright red or the green apple flavor being neon green. Even though both dyes have been shown to produce negative consequences, such as hyperactivity within children and bodily toxicity, companies continue to add these dyes to their products. Red 40 and green 3 are FDA-certified as GRAS. GRAS stands for “generally recognized as safe” meaning that it is considered safe to use with no negative effects, if used under its intended guidelines. However, green 3 is prohibited from use in the EU, or European Union. We conducted a thorough literature search to investigate the health effects of both of these dyes as well as which foods contain these dyes.