**Title: Blue 1 and Blue 2**

**Authors: Kelly Hipple, Tori Colman, Morgan Abbott, Andrew McBride**

**Abstract:**

Food dyes are added to many foods, drugs, and cosmetics to make them more visually appealing and increase sales of their products. Several studies have shown negative side effects and a possible increase in diseases such as cancer due to the consumption of artificial food dyes.

Dating back to 1500 b.c., colors were added naturally to enhance the appeal of foods with some even containing metals. The first synthesized food dye was manufactured in 1856. From the 1960’s until 2015, the use of food dyes in the United States and Europe increased by 500%. Many dyes are added to foods due to the loss of natural color when they meet the air, temperature changes, or moisture. Different colors are used, but this research focused on blue artificial dyes.

Research has shown that some dyes can cause side effects and disease, especially blue no.1 which has been banned in some countries. In the U.S., The Federal Drug Administration has marked these artificial colors as GRAS or ‘Generally Recognized as Safe’. They also label some foods as having “artificial coloring” added, instead of using the word “dyes” (Alec,2017). With research indicating negative effects of the dyes that are being synthetically made, perhaps natural dyes should be utilized more in products for consumers.