

## The warning of the consumers about the effect of food synthetic dyes on children

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**A**ttention deficit hyperactivity disorder (ADHD) is one of the most common childhood disorders. It can continue through adolescence and adulthood. Symptoms include difficulty staying focused and paying attention, difficulty controlling behavior, and hyperactivity (over-activity). For more than 30 years, scientists have examined the effect of food additives, especially food colorings on children's behavior which gives rise to much controversy. The debate took birth when Dr. Benjamin Feingold has established a link between food dyes and hyperactivity in children in 1982. According to his hypothesis, some children are genetically predisposed to hyperactivity. He reported a dramatic improvement in the behavior of 50% of children who adopted a diet with no dyes, artificial flavorings or salicylates.

The impact of this distant controversy continues to influence parents' opinions about the effect of food additives on children's behavior. A study published in 1987 highlighted the need for pediatricians have to manage the growing manifestations of anxiety aroused by the issue of food among parents. The author found that many parents have learned the possible effect of additives in the media. In Algeria the synthetic dyes regulation exists in Algeria. The nonexistent is a regulation that requires a health warning on the labels.

The aim of this project is to allow a new interdepartmental

decree between the Department of Health and the Department of Trade. It will require labeling of products containing synthetic dyes that can have adverse effects by adding the mention "may have an adverse effect on activity and attention of the children".

The aim of our study is to know if the synthetic food dyes have an impact on the lifestyle and the children's functioning. It will allow us to understand the risks associated with the use of these dyes. For this we have chosen to work on hyperactive children rather than the healthy ones because of the effect of the interaction which will be more apparent on the hyperactive children who have a lack of dopamine "induced hyperactivity".

The immediate purpose of the study is to raise public awareness about the effect that can have synthetic food dyes on children. We are based on hyperactive children because the effects of dyes are more noticeable than in "healthy" children, but our goal is to protect all children.

The overall objectives are to never put on the market a food product is its source before it is tested and labeled and to create a new decree to ban the synthetic dyes which have bad effects on our health.

### Biography

Saoud Zahia is a pharmacist master assistant in hydrology, environment and nutrition. He is working at the faculty of medicine of Algiers in the department of pharmacy and Institute Pasteur of Algeria which it depends on the network institute Pasteur of Paris. He worked as a quality manager for 4 years and at the moment he joined the laboratory of water, food and environment of the Pasteur Institute of Algeria.

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