

The Red Dye Dilemma

PART I

WHAT YOU NEED TO KNOW ABOUT RECENT CHANGES TO FOOD ADDITIVE REGULATIONS

By **Katrina England**
Jobe Publishing, Inc.

Red Dye has garnered significant media attention recently, driven by new legislative changes regarding artificial dyes at both the federal and state levels in the United States.

The use of synthetic food dyes, including red dyes, has increased dramatically in the U.S. over the past several decades.

A 2010 article from the Center for Science in the Public Interest (CSPI) estimated a five-fold increase since 1955.

The Focus on Red Dye No. 3

Red Dye No. 3 (Erythrosine) is the lesser-known of the red dyes, but it is the one the FDA has recently targeted. This additive was once widely used in food products, particularly those with a vibrant red or pink color.

In a move that surprised many, on January 15, 2025, the FDA announced a ban of Red Dye No. 3 in foods and ingested drugs due to its link to cancer in animal studies.

Though the FDA had previously banned Red Dye No. 3 for use in cosmetics and externally applied drugs in 1990, it remained legal as an investable additive for decades.

This newest ban aligns the U.S. with regulations in Europe, Australia, and New Zealand, where Red Dye No. 3 is already largely prohibited.

In anticipation of the ban and in response to consumer pressure, many companies have already begun removing Red Dye No. 3 from their products, switching to other dyes or natural colorants like beet juice. To be certain if a product contains this dye, consumers should check the ingredient list for “Red 3,” “Red Dye No. 3,” or “FD&C Red No. 3.”

While the FDA ban is in effect, manufacturers have a grace period until January 2027 to reformulate their products, so some items may still contain the dye for now.

According to health experts at



▲ PHOTO | PEXELS WEBSITE
According to health experts at Everyday Health, products that have historically contained Red Dye No. 3 include candies and sweets such as gummies, jelly beans, and fruit snacks.

Everyday Health, products that have historically contained Red Dye No. 3 include:

- Candies and Sweets: Certain brands of candy corn, gummies (like Trolli Sour Crunchy Crawlers), jelly beans, fruit snacks, lollipops, and Pez.

- Baking Decorations: Sprinkles, frostings, and icings, especially those with red or pink coloring.

- Beverages and Dairy: Some brands of strawberry milk (e.g., Nesquik, TruMoo), fruit-flavored drinks, fruit punches, nutritional shakes, ice cream, and popsicles; and

- Savory and Processed Foods: Imitation bacon bits, some smoked sausages and hot dogs, maraschino cherries, and certain microwaveable meals like instant mashed potato mixes.

Erica Callahan, D.C., M.S.A.C.N., Associate Dean of Chiropractic Education at Campbellsville University, offered her perspective on food additives and recent legislative changes.

“As a healthcare provider who believes in the power of real, wholesome food, I’ve long

encouraged families to stick to natural ingredients whenever possible,” explained Dr. Callahan. “Unfortunately, over the last few decades, our food supply—especially in the U.S.—has become filled with additives and artificial chemicals. These are used to make products look brighter, last longer, and taste more appealing on store shelves. But what’s added for convenience may come at a cost to our health.”

Dr. Callahan also emphasized that from a nutritional standpoint, there is no need for red dyes in our diet.

“These additives are used purely for appearance—not for taste, nutrition, or safety,” she said. “Thankfully, nature already provides alternatives. Ingredients like beet juice or beet sugar can add a similar splash of color without the potential health concerns. While naturally colored foods might not pop quite as brightly as that deep red cereal, they are far less likely to carry hidden risks.”

However, Dr. Callahan also noted that the presence of a red dye does not automatically make a food unhealthy.

“Unless someone has a known allergy or sensitivity, enjoying a brightly colored treat every now and then isn’t the end of the world,” she explained. “The key is balance. We don’t aim for perfection—we aim for better choices, more often. That means choosing foods with fewer ingredients, made with whole and recognizable items, and ideally sourced close to home, like from local farmers’ markets. When we focus on real, minimally processed foods, we give our bodies what they need to grow, heal, and thrive—without making them work overtime to process and eliminate unnecessary chemicals.”

Next week’s Part II will highlight the still-legal and widely-popular Red Dye No. 40, as well as its reported health and behavioral effects on children. It will feature more information from Dr. Erica Callahan, as well as testimonials from two local families who will share their experiences with behavioral changes in their children after eliminating artificial dyes.

C.F. Martin, Jr. Retires from Farmers RECC Board of Directors

Mr. C.F. Martin, Jr. retired from the Farmers RECC board in August. He has served on the board, representing District II, for thirty years.

Through his dedication and diligence throughout his time serving our members, he was an integral part of the Cooperative program. His leadership helped shape many of the initiatives and policies that continue to benefit the cooperative and its members today.

“All of us who have had the privilege of knowing and working with C.F., appreciate the fine person his is and the values he embraces,” said Toby Moss, Farmers RECC President & CEO. “I personally appreciate the interest and dedication he has put forth on our board to represent our members and help assure they receive the best of service.”

His time on the Board of Directors included 2 years as the Farmers RECC representative on the Kentucky Association of Electric Cooperatives’ Board



C.F. Martin, Jr.

of Directors, and two years on the East Kentucky Power Cooperatives Board of Directors. He also served as the Chairman of the Farmers RECC Board of Directors from 2002-2004 and again in 2012-2014. During his tenure, Martin also served as the Secretary/Treasurer and the Vice Chairman of the Farmers RECC Board.

Over the years, Mr. Martin proved to be a thoughtful and steady voice during times of growth and challenge. During

his time as a Director of Farmers RECC, the cooperative experienced numerous achievements, including membership growth, the adoption of new technologies to better serve our members and a shift in energy generation fuels. In addition, Mr. Martin served on the Board when Farmers RECC helped fund, through Rural Development and Economic Development loans, the Landfill-Gas-to-Energy plant and the Shanti Niketan Hospice Home, both in Glasgow. Mr. Martin also helped guide the cooperative through numerous natural disasters, including the 2009 Ice Storm and challenges like the COVID-19 pandemic. Mr. Martin also worked with three of the cooperatives six CEO’s in history.

The Farmers RECC family wishes to extend our deepest gratitude and appreciation to C.F. and Martha Martin for their loyal and enthusiastic commitment to our cooperative. Their contributions are a valuable part of our legacy.

Waste Tire Grant Funds Road Project



▲ PHOTO | GARY GARDNER
Road Supervisor Kelly Rosser displays the sign showing the county received a Rubber-Modified grant.

By **Gary Gardner**
Guest Contributor

The Hart County Fiscal Court was awarded a Rubber Modified Asphalt Grant from the Division of Waste Management, Recycling and Local Assistance Branch.

This grant provides financial assistance to projects that further the goals of the Kentucky Waste Tire Program by promoting the development of markets for rubber-modified asphalt using waste tires generated in Kentucky.

The purpose of the grant is to (1) compare conventional asphalt tests versus rubber asphalt tests and (2) the durability over five years of the two asphalts.

The grant was to pave one mile of Bunnell Crossing west of Hwy 31E with rubber-modified asphalt.

Hart County was responsible for paving an additional mile with traditional paving. This is a five-year project, with reporting to the Division of Waste Management on the condition of the road.

Fiscal Court Approves Projects, Rescinds Burn Ban

By **Gary Gardner**
Guest Contributor

The Hart County Fiscal Court met Tuesday, September 9, in the courtroom. Judge Joe Choate called the meeting to order and asked Brother Phillip Trent, Pastor of Immanuel Ministries, to open the meeting with prayer. All departments gave reports, including Jailer Israel Bergerson, stating there were 148 in the county jail.

In other business the court approved, payment to Board of Assessment Board; applied for County Priority Projects for blacktop for county roads; apply for grant from KACO for security cameras for the courthouse; appointed Branstetter

Carroll Inc. as the Architects/Engineers for the multipurpose building which will be built behind Hart County High School on Lonoke Road; rescinded the burn ban effective 9/8/25; acknowledged the tax rates for Hart County and Caverna Schools at 55.6% and 72.5% respectively; hired Jadyn Whitaker at the county barn through the pipe line at Hart County High School for part time at \$10.00 per hour, and transferred 15 acres of the 109 acres to the Hart County Industrial Authority, this property is located at the I-65 interchange at Bonnieville.

The court’s next meeting will be Tuesday, September 23 at 9:00 am in the courtroom.

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