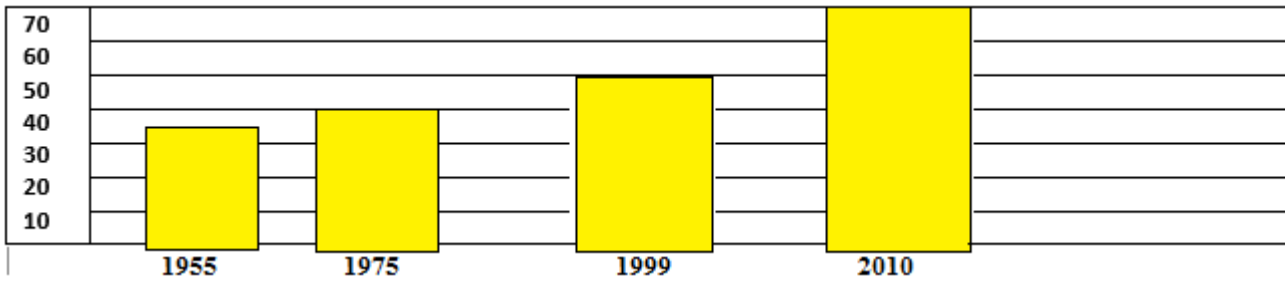


How does our diet compare to the 1940's?

1940's		Today	
White toothpaste or baking soda		Multi-colored toothpaste, perhaps with sparkles	
Corn flakes		Fruity Pebbles	
Oatmeal		Cereal that turns your milk blue	
Toast & butter, jam		Pop Tarts	
Whipped cream		Cool Whip	
Real vanilla in baking		Artificial vanilla in baking	
Cheeseburger		Big Mac meal	
Cookies made with real chocolate		Cookies made with artificial chocolate	
No vitamins (or perhaps cod liver oil)		Artificially colored and flavored vitamins	
White powder or bad tasting medicine		Bubble-gum flavored liquid medicine	
Sample school lunch: Meatloaf, real mashed potatoes, vegetable. Milk, cupcake from scratch		Sample school lunch: Processed foods loaded with synthetic additives. Strawberry milk	
Sample school beverage: Water from the water fountain		Sample school beverage: Soft drink with artificial color, flavor and aspartame	
Homemade treats several times a year at class parties		Candy with synthetic additives frequently	

**Food Dye Production
(milligrams per capita per day)**



Food Coloring	Maximum Average mg/day per National Academy of Science Survey, 1977	1978: The mg/day the Nutrition Foundation Recommended for Research on ADHD & Diet
Red 3	24.0	1.6
Yellow 5 + Lake	65.0	7.3
Green 3	04.3	0.1
Blue 1 + Lake	22.6	0.8
Yellow 6 + Lake	51.0	6.1
Blue 2 + Lake	10.9	0.5
Red 40 + Lake	127.0	10.5
Orange B	NO LONGER USED	0.1
TOTAL	317.6	27.0

How much food dye do we eat today? Nobody knows.