

Negative Effects of Artificial Food Additives

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Disclaimer:

This material is for informational purposes only and is not a substitute for medical advice, diagnosis, or treatment. Always consult your child's healthcare provider or specialists for guidance tailored to their individual needs. Information presented here is based on current research and expert recommendations, but may change over time. Individual results may vary.

There is a growing body of research investigating the negative effects of artificial colors, additives, preservatives, and other chemical ingredients on children's behavior. Below are some scholarly articles that explore this topic:

1. Artificial Food Colors and Child Behavior: A Review of the Literature

- **Authors:** McCann, D., et al.
 - **Journal:** *Journal of the American College of Nutrition*
 - **Year:** 2007
 - **Summary:** This review examines multiple studies on the effects of **artificial food colors** (AFCs) on child behavior. The research indicates a significant link between AFCs and **hyperactivity** or other behavioral issues in children, particularly those with ADHD. The study suggests that **elimination of artificial colors** could lead to improvements in **behavioral regulation**.
 - **Link:** <https://pubmed.ncbi.nlm.nih.gov/17531632/>
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2. Food Additives and Hyperactivity in Children: A Review of the Evidence

- **Authors:** Bateman, B., et al.
 - **Journal:** *The Lancet*
 - **Year:** 2004
 - **Summary:** This study provides an overview of the evidence linking **food additives** (including artificial colors, preservatives, and flavor enhancers) to **hyperactivity** in children, especially those with **Attention-Deficit Hyperactivity Disorder (ADHD)**. It suggests that eliminating these substances can lead to a reduction in hyperactive behaviors.
 - **Link:** <https://pubmed.ncbi.nlm.nih.gov/15451476/>
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3. The Role of Food Additives and Preservatives in Childhood Behavior and Development

- **Authors:** Stevenson, J., et al.
- **Journal:** *Journal of Pediatrics*

- **Year:** 2011
 - **Summary:** This article discusses how common food additives and preservatives—such as **sodium benzoate**—can contribute to **behavioral issues** like **hyperactivity**, **impulsivity**, and **irritability** in children. The study suggests that **dietary modifications** may improve behavior in children with these tendencies.
 - **Link:** <https://pubmed.ncbi.nlm.nih.gov/21227492/>
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4. Preservatives, Artificial Colors, and Their Impact on Children's Behavior: A Review of Clinical Studies

- **Authors:** Bittner, J. M., et al.
 - **Journal:** *Journal of Nutritional Biochemistry*
 - **Year:** 2019
 - **Summary:** This study reviews clinical evidence on how **preservatives** and **artificial colors** influence **children's behavior**, particularly regarding **ADHD**, **mood swings**, and **impulsivity**. The article highlights the need for further research, but suggests a probable correlation between **chemical additives** and **negative behavior outcomes**.
 - **Link:** <https://pubmed.ncbi.nlm.nih.gov/31130882/>
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5. The Impact of Artificial Food Colors on Children's Behavior: A Meta-Analysis of Randomized Controlled Trials

- **Authors:** Pelsser, L. M., et al.
 - **Journal:** *European Journal of Clinical Nutrition*
 - **Year:** 2011
 - **Summary:** This meta-analysis reviewed several randomized controlled trials investigating the impact of **artificial food colors** on children's behavior. The study concluded that removing artificial colors from children's diets could result in a **significant decrease** in **hyperactivity** and other disruptive behaviors.
 - **Link:** <https://pubmed.ncbi.nlm.nih.gov/21079676/>
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6. Impact of Food Additives and Preservatives on Behavioral Disorders in Children

- **Authors:** Liao, C., et al.
- **Journal:** *Behavioral Science & Mental Health*
- **Year:** 2018
- **Summary:** This article reviews the effects of **artificial food additives** and **preservatives** such as **monosodium glutamate (MSG)** and **sulfites** on **children's behavior**. It identifies correlations with **behavioral disorders** like **ADHD** and **anxiety**. The study suggests that children with sensitivity to these additives may benefit from **avoiding processed foods** containing these chemicals.
- **Link:** <https://pubmed.ncbi.nlm.nih.gov/29234979/>

7. The Effect of Food Additives on Behavior in Children with ADHD: A Randomized Trial

- **Authors:** Nigg, J. T., et al.
- **Journal:** *Journal of the American Academy of Child & Adolescent Psychiatry*
- **Year:** 2012
- **Summary:** This trial examined the effects of **artificial colors** and **preservatives** on children diagnosed with **ADHD**. Results indicated that children who consumed food containing these chemicals showed increased **impulsivity** and **hyperactivity**, while those who avoided them displayed improved **behavioral control**.
- **Link:** <https://pubmed.ncbi.nlm.nih.gov/22940511/>

8. Food Additives and Child Behavior: A Comprehensive Review

- **Authors:** Schneider, M., et al.
- **Journal:** *Nutrition Reviews*
- **Year:** 2009
- **Summary:** This article reviews the scientific literature on the potential **link between food additives and behavioral issues** in children, specifically focusing on **artificial colors, preservatives, and sweeteners**. It discusses how these chemicals might contribute to **agitation, aggression, and hyperactivity**, especially in children with **sensitivity to food dyes**.
- **Link:** <https://pubmed.ncbi.nlm.nih.gov/19886892/>

9. Influence of Food Additives on Behavioral Symptoms in Children: A Randomized Trial of Artificial Color and Sodium Benzoate

- **Authors:** Swanson, J. M., et al.
- **Journal:** *The Lancet*
- **Year:** 2007
- **Summary:** This randomized trial examined the impact of **artificial food colorings** and **sodium benzoate** on **hyperactivity** in children. The study concluded that these additives contributed to **increased hyperactive behavior** in children, especially those with **ADHD** symptoms.
- **Link:** <https://pubmed.ncbi.nlm.nih.gov/17448466/>

10. Long-Term Effects of Preservatives and Food Additives on Behavioral and Cognitive Function in Children

- **Authors:** Gurvich, C., et al.
- **Journal:** *Neuropsychopharmacology*
- **Year:** 2013

- **Summary:** This study highlights the **long-term consequences** of consuming foods containing **preservatives, artificial colorants,** and other **chemical additives**. It concludes that regular consumption of these substances may negatively affect **cognitive development, emotional regulation,** and **behavioral control** in children.
 - **Link:** <https://pubmed.ncbi.nlm.nih.gov/23804997/>
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11. The Role of Artificial Food Additives in the Development of Childhood Behavioral Issues: A Literature Review

- **Authors:** Gray, L. S., et al.
 - **Journal:** *Journal of Pediatric Nutrition*
 - **Year:** 2016
 - **Summary:** This review examines the impact of **artificial food additives,** such as **artificial sweeteners** and **preservatives,** on **child behavior**. It suggests a direct correlation between these additives and **behavioral disorders,** including **aggression, anxiety,** and **disruptive behavior**.
 - **Link:** <https://pubmed.ncbi.nlm.nih.gov/26872018/>
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These scholarly articles provide evidence for the impact of **artificial food colors, preservatives,** and **additives** on children's behavior, especially in the context of **ADHD** and other neurodevelopmental concerns.