

[UK Finally Admits that Food Additives Cause Hyperactivity](#)

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Many responsible parents are concerned about their children's health and well-being. A child exhibiting behavioral problems can impact negatively on the whole family and affect the child's education and hence their future. Unfortunately, the common answer is to medicate the child. But, there is research to suggest that some behavioral problems can be caused by the child's diet. I did a quick search on Google and found many studies that have been peer-reviewed and published that show the link between certain food additives and behavioral problems in children. A good site to look at is [diet-studies.com](#).



The UK Food Standards Agency (FSA), the government body responsible for regulating the food industry is finally issuing specific guidance to parents warning them of the dangers that certain food additives pose to their children's well-being. The chemical additives, found in many children's snacks and drinks can reduce learning ability, cause behavioral problems, and hyperactivity or attention deficit hyperactivity disorder (ADHD). This is something health campaigners and good nutritionists have been claiming for many years now. At long last the government has recognized something that many of us know already. The government's U-turn comes after the publication in the medical journal, the Lancet, of the results of the biggest UK study into the link between children's behavior and the food they eat, or more precisely the chemical additives in the food they eat.

The study by Southampton University used a group of 153 three year olds and 144 eight to nine year old children and found that artificial food color and additives were having "deleterious effects" on their behavior. The results showed that when the children were given drinks containing the additives, their behavior indicated increased hyperactivity. The government is advising parents to check the labels on food and drink cartons for any of these additives and avoid giving them to children displaying ADHD type symptoms. Unfortunately, there will be many parents that will shy away from taking away their children's chocolates and fizzy drinks, especially when they start crying or screaming, rendering the advice useless.

The advice given out by the FSA falls short of what health campaigners and experts were asking for, namely a ban on all chemical additives that cause ADHD in children. Surely this would be a much simpler and more effective solution? Our government always seems to put the interests of big business before the welfare of the people. The food additive industry is worth \$25 billion a year world-wide, and I'm sure that buys a lot of lobbying power. The food industry will clearly not regulate itself, so the only real solution is for the government to ban these chemicals.

Source: [*The Guardian*](#)