

50 FOODS THAT CONTAIN RED DYE NO. 3



CANDY & SWEETS

1. PEZ Candy (assorted flavors)
2. Dubble Bubble Bubble Gum
3. Skittles (red-colored varieties)
4. Starburst (cherry flavor)
5. Jelly Beans (red varieties)
6. Twizzlers (cherry and strawberry flavors)
7. Gummy Bears (red varieties)
8. Candy Canes (red-striped)
9. Lollipops (red varieties)
10. Fruit Roll-Ups (cherry flavor)

SNACKS & TREATS

11. Little Debbie Cakes (red velvet)
12. Hostess Cupcakes (red velvet)
13. Entenmann's Party Cakes (with red sprinkles)
14. Kellogg's Pop-Tarts (red fillings like strawberry)
15. Betty Crocker Red Velvet Cake Mix
16. Jell-O Gelatin (cherry or strawberry)
17. Red Licorice
18. Fruit by the Foot (red varieties)
19. Welch's Fruit Snacks (red flavors)
20. Gourmet Candy Corn

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DRINKS & BEVERAGES

21. **Fruit Punch** (many brands)
22. **Shirley Temple** (with maraschino cherries)
23. **Maraschino Cherries**
24. **Cherry-Flavored Sodas**
25. **Energy Drinks** (cherry or berry flavors)
26. **Kool-Aid** (red flavors)
27. **Sports Drinks** (red varieties like Gatorade)
28. **Juice Cocktails** (like cranberry blend)
29. **Slushies** (red cherry flavor)
30. **Red Mocktails**



FROZEN FOODS

31. **Popsicles** (cherry or strawberry)
32. **Ice Cream Toppings** (cherry syrup)
33. **Frozen Yogurt** (cherry flavor)
34. **Sorbet** (red berry varieties)
35. **Frozen Fruit Bars** (cherry)

CONDIMENTS & BAKING INGREDIENTS

36. **Cake Sprinkles** (red varieties)
37. **Decorative Icing** (red)
38. **Cherry Pie Filling**
39. **Glacé Cherries**
40. **Red Frosting**

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PROCESSED FOODS

41. **Instant Pudding** (strawberry)
42. **Flavored Oatmeal** (red berry varieties)
43. **Cereal Bars** (strawberry or cherry flavors)
44. **Breakfast Pastries** (red fillings)
45. **Red-Colored Chips** (like spicy snacks)

OTHER

46. **Vitamin Gummies** (red flavors)
47. **Cough Drops** (cherry flavor)
48. **Red Mints**
49. **Vegetarian Bacon Strips** (red-colored varieties)
50. **Dole Diced Fruit Cups** (with cherries)

HOW TO AVOID RED DYE NO. 3

- 1. READ LABELS:** Look for terms like "FD&C Red No. 3," "erythrosine," or "E127."
- 2. CHOOSE NATURAL ALTERNATIVES:** Opt for products that use natural colorings, such as beet juice, paprika, or turmeric.
- 3. SUPPORT TRANSPARENT BRANDS:** Support brands that prioritize clean ingredients and avoid artificial additives.
- 4. ADVOCATE FOR CHANGE:** Join petitions and initiatives aimed at banning harmful additives like Red Dye No. 3.