



## Unit II - Topic 7

### Synthetic colors for carbonated beverages

Synthetic colours are produced by chemical reactions. Permitted synthetic colours are safe to use in food and manufacturers use them because they are less expensive and provide uniform and bright colours. They can also be blended to provide a number of secondary colours. However, the use of synthetic colours is declining because some of them have harmful effects on the health and can cause cancer, nervous disorders, toxicity or heart disease.

The synthetic colours that are permitted to be used are mentioned below.

- Red from: Ponceau 4R, Carmoisine, and Erythrosine
- Yellow from: Tartrazine and Sunset Yellow FCF
- Blue from: Indigo Carmine and Brilliant Blue FCF
- Green from: Fast Green FCF

Food products in which FSSAI permits colour as an additive

- Ice-cream, milk lollies, frozen desserts, flavored milk, yogurt, ice-cream mix-powder
- Biscuits including biscuit wafer, pastries, cakes, confectionery, thread candies, sweets, savories (dalmoth, Mongia, phululab, sago papad, dal biji only)
- Peas, strawberries, and cherries in hermetically sealed containers, preserved or processed papaya, canned tomato juice, fruit syrup, fruit squash, fruit crushes, fruit cordial, jellies, jam, marmalade, candied crystallized or glazed fruits
- Non-alcoholic carbonated and non-carbonated ready to serve synthetic beverages including synthetic syrups, sherbets, fruit bar, fruit beverages, fruit drinks, synthetic soft-drink concentrates
- Custard powder
- Jelly crystal and ice-candy
- Flavour emulsion and flavor paste for use in carbonated or non-carbonated beverages only under label declaration

Synthetic colours have maximum limits this is usually 100 parts per million of the final food or beverage for consumption. However, in some foods and beverages, mentioned in regulations, the maximum limit of permitted synthetic food colours may be up to and not exceed 200 parts per million of the final food or beverage for consumption.

The declaration about the food colours on the label shall be in accordance with the FSS (Packaging & Labelling) Regulations, 2011.