

TERESA KRZYŚKO-ŁUPICKA, MAGDALENA KRĘCIDŁO, ŁUKASZ KRĘCIDŁO

*Department of Biotechnology and Molecular Biology, Faculty of Natural Sciences and Technology, University of Opole
Kominka 6a, 45-032 Opole, e-mail: teresak@uni.opole.pl, krecidlo.m@gmail.com, mag18-89@o2.pl*

THE DYES IN FOOD AND THE HEALTH OF CONSUMERS

Summary

Colour is one of the most important factors the consumers are guided with during the selection of food products. In order to restore or give colour to foods there are commonly used colorants in the form of food additives. The use for this purpose of both natural and synthetic dyes may affect the health of consumers. The aim of the work was to review the information, research results and regulations regarding the most commonly used food dyes in terms of their impact on the consumers health.