

CNN News Highlights — Food Dyes

1) beverages	2) derived from petroleum	3) fossil fuel	4) no actual function	5) phase out	6) synthetic dyes
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We're going to jump right in, beginning with something that could bring major changes to our cereal, to our candies, and more. The US Food and Drug Administration, or FDA, just announced it plans to, quote, "____" some artificial dyes used in foods. Foods like cereals, candy, _____, and even some medicines. The reason: concerns about the dyes' impact on our health. These _____ are a group of chemicals _____. Yes, as in the _____ that's also used in the gas in many of our cars.

They're there for cosmetic reasons. They have _____ in the cereal other than to make it attractive. And there's research that shows that people like brightly colored foods. They think they taste better, and um, and they much prefer them. When cereal companies have taken the dyes out of the cereals and put in natural dyes instead, people don't buy them.

1) break it all down	2) chief medical correspondent	3) congress	4) packaged food	5) restricting	6) rigorously
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The Consumer Brands Association, a group that represents the companies that make a lot of _____, says that the ingredients have been _____ studied and were demonstrated to be safe. But, research in animals has shown otherwise. Now the FDA says it will work with these companies to remove the dyes, rather than going through _____ to make laws _____ them.

We are simply asking American food companies to replace petroleum-based food dyes with natural ingredients for American children — just as they already do for children in other countries.

All right, our _____ Dr. Sanjay Gupta is here to _____.

1) cancers	2) correlation	3) food industry	4) sights are set on	5) stable chemical	6) the previous administration
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Well, first of all, these petroleum-based dyes are exactly what they sound like. They are dyes, typically of colors that you're not going to find in nature. And they're based in petroleum, which is a really _____. So that allows these colors to stay very stable over time, which is what the _____ wanted out of these. Some of these you'll probably recognize, you know. So this is red dye 3 — that is not a normal color you'd see in nature. Or this is red dye number 40, which is another dye, again based in petroleum.

So that is really what the concern is here. What we've known is that when it came to red dye 3, even 30 years ago, there was a _____ between that dye and certain _____ in animals. And that has been sort of a concern for a long time — three decades. It just got banned under _____. And now obviously the _____ these other dyes as well.

1) behavioral problems	2) carcinogens	3) environment	4) mentioned	5) social media	6) ubiquitous
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There's a concern, as I _____, about cancer in animals. There's a concern that there may be _____. There's also a concern that they may lead to these _____ when it comes to children who have been eating these types of dyes for most of their lives. Whereas if you're an adult, many of these dyes weren't present in your diet before that. So, we don't know the specific links when you have something that's as _____ as these dyes out there, it's hard to really know — is it the dye, or is it something else in the _____? Is it _____? Is it phones that are causing some of these problems? But there is enough of a concern.

1) cautious	2) eventually eliminating	3) precautionary principle	4) products	5) sort of	6) vibrant
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And there's also something known as the _____ — we're not sure, let's just be _____.

This cereal, for example, is a good example of that. Many dyes in here, as you can see from the brightly colored Froot Loops. The concern, though, is that in many countries around the world — such as Europe and Canada — they make these same _____ without those petroleum-based dyes. They use natural food coloring. So watermelon juice, carrot juice, blueberry juice — to create some of that coloring. It may not be as _____, may not be as stable, but that's what they do. _____ using this precautionary principle.

That is, I think, what we're going to see in the United States as well — a phasing out and _____ of nine of these petroleum-based dyes in the months and years to come.

Translation

我們直接切入主題，從一個可能對我們的穀片、糖果，甚至更多食品帶來重大變化的消息開始。美國食品藥物管理局（簡稱 FDA）剛剛宣布，計畫「逐步淘汰部分食品中使用的人造色素」。這些食品包括穀片、糖果、飲料，甚至一些藥品。原因是：人們擔心這些色素對健康的影響。這些合成色素是一群從石油中提煉出來的化學物質。沒錯，就是那種也用在汽車燃料裡的化石燃料。這些色素存在的目的只是為了外觀，對穀片本身沒有實際作用，純粹是讓它們看起來更吸引人。有研究指出，人們比較喜歡顏色鮮艷的食物，他們認為這些食物味道比較好，也更願意選擇這類產品。但是當穀片公司將這些人工色素移除，改用天然色素後，消費者就不買了。

代表許多包裝食品製造商的「消費品牌協會」表示，這些成分都經過嚴格研究，證實是安全的。但，動物實驗的研究顯示並非如此。現在 FDA 表示，他們將與這些公司合作，逐步移除這些色素，而不是透過國會立法來限制使用。我們只是要求美國的食品公司，像他們已經在其他國家為當地孩子所做的一樣，用天然成分取代石油基的人造色素。

好，現在我們請來首席醫療記者 Dr. Sanjay Gupta 為我們解釋整個情況。首先，這些石油基色素就跟字面意思一樣。它們是一些在自然界中不會出現的顏色，而且是以石油為基礎的化學物質。石油是一種非常穩定的化學物質，這讓這些顏色能夠長時間保持穩定，這正是食品業希望達成的效果。你可能會認得其中一些色素，像是紅色色素 3 號——這可不是自然界中會見到的顏色；或是紅色色素 40 號，同樣是基於石油的色素。這就是大家擔心的地方。事實上，早在三十年前，紅色色素 3 號就已經被發現與某些動物癌症有關聯。這個問題已經被關注了三十年，在前一任政府時期這種色素才被禁用。而現在，其他類似的色素也成為目標。

正如我剛才提到的，人們擔心這些色素會導致動物癌症，也擔心它們可能含有致癌物質。另外還有一個問題是，這些色素可能會引起兒童的行為問題，尤其是那些從小吃這些色素長大的孩子。相對地，對成年人來說，這些色素在他們童年的飲食中並不存在。所以我們無法明確指出是否有直接關聯。這些色素在我們生活中無所不在，很難真正確定——到底是色素引起問題，還是其他環境因素？是社群媒體？是手機？我們無從得知，但確實有足夠的擔憂。

此外，還有一種觀念叫做「預防性原則」——當我們無法確定時，就應該採取保守態度。這款穀片就是一個好例子，你可以從那些顏色鮮豔的 Froot Loops 看出裡面用了很多色素。令人擔憂的是，世界上許多國家——例如歐洲和加拿大——都在不使用石油基色素的情況下生產同樣的產品。他們使用天然色素。例如西瓜汁、紅蘿蔔汁、藍莓汁來製作這些顏色。雖然顏色可能沒那麼鮮豔，也不如人工色素穩定，但他們就是這麼做的，這就是所謂的「預防性原則」。我認為，美國接下來也會採取相同做法——逐步淘汰，並最終全面移除這九種石油基人造色素，時間可能在接下來的幾個月或幾年內完成。



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There's a concern, as I 4) mentioned, about cancer in animals. There's a concern that there may be 2) carcinogens. There's also a concern that they may lead to these 1) behavioral problems when it comes to children who have been eating these types of dyes for most of their lives. Whereas if you're an adult, many of these dyes weren't present in your diet before that. So, we don't know the specific links when you have something that's as 6) ubiquitous as these dyes out there, it's hard to really know — is it the dye, or is it something else in the 3) environment? Is it 5) social media? Is it phones that are causing some of these problems? But there is enough of a concern.

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