

i ♥ red

most healthy

anthocyanidin
E163
flavonoids
fruit extracts

+

anthocyanin
a natural pigment in fruit

anthocyanidin
E163
flavonoids
fruit extracts

+

betanin
natural pigment in beetroot

betroot red
E162
betanin

+

carmine
from crushed scale insects

cochineal
carmine
C.I. 75470
Natural red 4

-

red 40
from petroleum

FD&C Red 40
Allura Red AC
E129
Food Red 17
C.I. 160

-

red 2
from coal tar

FD&C Red 2
E123
Acid Red 27
Food Red 9
C.I. 16185

-

red 3
from fluorone chemical compound

Erythrosine
E127
C.I. 45430
FD &C Red 3
Acid Red 51

least healthy