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Victoria Prentice-Funk

### Candies -Are they toxic?

We all know candies are not the best thing for us, but why would that be? Well aside from the sugar they are chock-full of harmful chemicals, which include fragrance, dyes, etc. Candy is largely overlooked since it's already bad for you, but not today! Today we talk about what is in candy.

#### *Toxic ingredients in Candy*

This is a list of some of the scary, potentially toxic ingredients found in popular Halloween candy choices. However, this list is not all comprehensive there are many more ingredients that are unhealthy.

**Titanium dioxide:** An ingredient often found in sunscreen, cosmetics, paints, and other products. Candy makers use this chemical to create a shininess, smoothness, and brightness in candies. The European Food Safety Authority recently declared titanium dioxide no longer safe for consumption (*On Valentine's Day, End Your Toxic Relationship with Chemicals in Candy | Environmental Working Group, n.d.*).

**Partially Hydrogenated Oils:** A high level of trans fats that increase the risk of developing heart disease and health problems (*Hydrogenated Oil, 2021*).

**Vanillin:** Imitation vanilla that is likely either synthesized from pulp or wood-tar creosote (*Is Vanillin Bad For You?, n.d.*).

**TBHQ:** Also known as tertiary butylhydroquinone is petroleum based and used in candy to extend the shelf life and delay the oxidation ("TBHQ," 2016)(*The Potential Dangers of TBHQ, 2015*).

**Artificial Colors:** many of which are petroleum-based artificial food dyes and that have demonstrated can cause, amongst others, hyperactivity in sensitive children.





Artificial Preservatives: Consumed in high quantities have been proven to have negative effects not long after consumption. In addition, they also have negative long-term effects on your health such as: trigger asthma attacks, weaken heart tissue, contribute to hyperactivity, heart diseases and even cancer. Potassium sorbate is one of the most common artificial preservatives used in today's candies (Hodgson, n.d.).

### *Are Organic Candies Better?*

While organic candy isn't healthier due to the sugar content, the ingredients tend to be simpler and cleaner, so the final product overall has less chemicals. Not only is organic candy better for our bodies due to less chemicals, but also for the planet. Organic brands typically are more socially conscious and seek out additional information and transparency with the sourcing of their ingredients.

*Here are a couple of our favourite Canadian candy brands:*

[Tout de Sweet](#)

[Squish Candies](#)

[c'est BonBon](#)

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