

Major alteration in humans health caused by excess toxic substances in food.

Janine Charlotte*

Department of Food Toxicology, University of Toronto, Toronto, Canada

Food contamination is, when dangerous chemicals or microbes are present in food. This can make people ill. Contrary to microbiological contamination, which is covered under foodborne disease, this article deals with chemical food contamination. As the origins of the food supply chain become more diverse, food toxicology is becoming more and more relevant since any contamination or toxic manifestation, whether natural or synthetic, might have substantial, widespread negative health implications.

The effects of chemical pollutants on consumer health and wellbeing frequently don't become apparent until many years after processing and protracted low-level exposure [1]. Chemical pollutants contained in foods are frequently unaffected by heat processing, unlike foodborne microorganisms. Agrochemicals are substances used in farming and animal husbandry with the goal of boosting crop yields. Chemicals that are present in the environment where food is grown, harvested, transported, stored, packed, processed, and consumed are known as environmental pollutants. Food becomes contaminated when it physically interacts with its surroundings.

In most societies, eating food that contains hair is frowned upon severely. It has the potential of causing choking and vomiting, as well as being contaminated with harmful materials. In order to prevent food contamination, people who work in the food business are forced to cover their hair. There are several potential justifications for the opposition to hair in food, ranging from cultural taboos to the straightforward reality that it is unpleasant to consume and difficult to digest. It might also be seen as a sign of more pervasive hygiene issues. Process pollutants are created when food is processed. They are created after processing from food ingredients that are either naturally occurring or have been added; they are not present in the basic materials [2]. It is impossible to completely prevent these pollutants in processed meals. However, technological processes can be modified or improved in order to lower the rates of contamination creation. Anyone who consumes contaminated food can become ill from a foodborne illness, although some groups are more prone to getting sick and having a more severe sickness. The spread of dangerous bacteria from uncooked food products is known as cross contamination.

Whenever preparing food without completely washing their hands, diseased persons can transfer pathogens into the food.

Thus, these germs are spread from the food to the hands by minute amounts of faeces. Raw food products have the potential to contaminate food, kitchenware, and surfaces [3]. By using the same knife, cutting board, or other utensil repeatedly without wiping the surface or item between uses, microbes can spread from one food to another. If a fully cooked item comes into contact with additional raw foods or drippings from raw foods that contain bacteria, it could become re-contaminated. Before enough germs are present in food to cause disease, many pathogens must grow to a greater quantity [4]. Generally speaking, freezing or refrigeration stops almost all bacteria from developing. The majority of bacteria, viruses, and parasites die when food is heated to the proper temperature. Animals bred for food that are in good health have a lot of foodborne bacteria. Small amounts of intestinal fluids can infect meat and poultry during slaughter. Fresh produce can get infected if it is washed in water that has been contaminated by sewage or animal manure.

Bacteria are present in small amounts in all foods by nature. However, incorrect handling, preparation, cooking, or storage of food can increase bacterial growth and result in disease [5]. Additionally, if cooked food is left out at room temperature for a prolonged period of time, bacteria can grow swiftly. Because they do not alter the colour, texture, or smell of food, the majority of bacteria spread unchecked. While freezing and refrigeration delay or stop bacterial growth, they do not totally eradicate it. When the meal is removed from the freezer and thawed, the microorganisms may reactivate.

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*Correspondence to: Janine Charlotte, Department of Food Toxicology, University of Toronto, Toronto, Canada, E-mail: janinec6534@ut.ca

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