

# Hidden Risks in Your Food: Understanding the Dangers and Implications of Food Contamination

**Bulent Saka\***

Department of Internal Medicine, Istanbul University, Fatih, Istanbul, Turkey

**Corresponding author:** Bulent Saka, Department of Internal Medicine, Istanbul University, Fatih, Istanbul, Turkey, E-mail: saka.bulent@gmail.com

**Received date:** January 03, 2023, Manuscript No. IPJCND-23-16164; **Editor assigned date:** January 05, 2023, PreQC No. IPJCND-23-16164 (PQ);

**Reviewed date:** January 19, 2023, QC No. IPJCND-23-16164; **Revised date:** January 26, 2023, Manuscript No. IPJCND-23-16164 (R); **Published date:** February 03, 2023, DOI: 10.36648/2472-1921.9.1.5

**Citation:** Saka B (2023) Hidden Risks in Your Food: Understanding the Dangers and Implications of Food Contamination. J Clin Nutr Die Vol.9 No.1: 005.

## Description

Food contamination is the presence of harmful chemicals and microorganisms in food that have the potential to ill health in consumers. In contrast to foodborne illness, which deals with microbiological contamination, this article addresses food chemical contamination. Chemical contaminants often have little effect on consumer health and well-being until long after they have been processed and exposed to low levels for a long time (cancer, for example). Chemical contaminants found in food are often unaffected by thermal processing, in contrast to pathogens that can be spread through food. Chemical contaminants can be broken down into categories based on where they come from and how they get into food products.

## Indication of More Widespread Hygiene Issues

Chemicals used in agriculture and animal husbandry to increase crop yields are referred to as agrochemicals. Plant growth regulators, veterinary drugs like nitrofurans, fluoroquinolones, malachite green, and chloramphenicol and pesticides like insecticides, herbicides and rodenticides are examples of such agents. Hair in food the presence of hair in food is frowned upon in the majority of societies. It could cause choking and vomiting, and it could also be contaminated with harmful substances. There is a wide range of opinion regarding the degree of risk it poses to the accidental customer. Since hair contaminates food, workers in the food industry are required to cover it in most countries. At the point when individuals are served food which contains hair in eateries or bistros, it is common for them to whine to the staff. The objection to hair in food can be attributed to a variety of factors, including cultural taboos or the simple fact that hair is difficult to digest and unpleasant to eat. It could also be an indication of more widespread hygiene issues. It is thought that the introduction of hairnets with complete capture reduced the number of cases of this kind of contamination. Bread and other similar products may contain protein derived from human hair at times. Islam forbids the use of human hair in food. In the past, food containing hair was considered unlucky in Judaism. Contaminants resulting from processing Foods undergo various

stages of processing, including heating and fermentation. They are formed during processing by chemical reactions between natural and/or added food constituents, and they are not present in the raw materials. It is impossible to completely avoid the presence of these contaminants in processed foods. However, processing contaminants can be reduced by adjusting and/or optimizing technological processes. Among them are: nitrosamines, polycyclic fragrant hydrocarbons (PAH), heterocyclic amines, receptor, acrylamide, furan, benzene, trans fat, 3-MCPD, semicarbazide, 4-hydroxynonenal (4-HNE) and ethyl carbamate. Food could also be tainted by metal chips left over from the processing equipment. Metal detectors can be used to identify these. When weighing a product with a Check weigher, the item may be rejected due to its excessive or insufficient weight or to the presence of small metal shards. In many conveyor lines, the line will be stopped.

## Good Agricultural and Manufacturing Practices

While numerous food impurities have been known for quite a long time, the development and presence of specific synthetics in food sources has been found somewhat as of late. Acrylamide, furan, benzene, perchlorate, perfluorooctanoic acid, 3-monochloropropane and hydroxynonenal are examples of the so-called emerging food contaminants. Bottled water frequently contains micro plastics. Infant feeding bottles made of polypropylene expose infants to microplastics. Safety and regulation the No Observed Adverse Effect Level (NOAEL) in animal experiments is used to calculate the Acceptable Daily Intake (ADI) levels and tolerable concentrations of contaminants in individual foods, using a safety factor (typically 100). Because good agricultural and manufacturing practices can frequently be reasonably utilized, the maximum concentrations of contaminants that are permitted by law are frequently well below toxicological tolerance levels. In order to combat the dangers posed by foodborne viruses, regulatory officials are investigating a variety of potential solutions. In 2011, a report titled scientific opinion regarding an update of the current knowledge on the occurrence and control of foodborne viruses was published by the EFSA. A standard method for the detection of norovirus and hepatitis A virus in food is expected to be

published this year by an expert working group established by the European Committee for Standardization. A guideline is also being worked on by the Codex Committee on Food Hygiene (CCFH) and it is now ready for final adoption. Foodstuffs should not contain micro-organisms or their toxins or metabolites in quantities that present an unacceptable risk for human health, according to Regulation No. 2073/2005 of the European Commission (EC) dated November 15, 2005. This regulation emphasizes the necessity of methods for the detection of foodborne viruses. Food contaminant testing it is best to rely on food contaminant testing through an independent third party,

such as laboratories or certification companies, in order to comply with health, safety, and environmental regulatory standards while also maintaining the high quality of the food. The testing of raw materials, semi-manufactured foods and finished goods for food contaminants can reduce noncompliance risks for manufacturers. In addition, food contaminant testing can safeguard consumers from chemical, microbiological or physical food hazards as well as ensure the safety and quality of food products purchased. The foundation of ADIs for specific arising food pollutants is at present a functioning area of examination and administrative discussion.