

How Food Gets Contaminated - Types of Food Contamination

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There are four main sorts of contamination: chemical, microbial, physical, and allergenic. All food is in danger of contamination from these four types. This is often why food handlers have a liability to make sure that the food they prepare is free from these contaminants and safe for the buyer.

Food contamination is dangerous. The results of eating contaminated food range from sickness all the thanks to death.

Chemical Contamination of Food

Chemical contamination happens when a food becomes contaminated by some quite chemical substance. Chemicals are used frequently within the kitchen for cleaning and disinfection, so it's unsurprising that they will contaminate food. Contamination may occur from preparing food on a surface that also has chemical residue thereon or if someone sprays cleaning chemicals on the brink of uncovered food.

Anyone who plans and handles nourishment must affirm that the nourishment they serve is free from chemical defilement. To make sure this, they should:

Always store chemicals during a separate area to food.

Follow the manufacturers' instructions when using chemicals.

Keep food covered when cleaning.

Use approved suppliers who can guarantee the security of the food they supply .

Microbial Contamination of Food

Microbial defilement happens when nourishment has been sullied by microorganisms, counting microbes, infections, form, organisms, and poisons this will happen through various means, for example:

Undercooking chicken can produce to campylobacter, a kind of bacteria.

Amid the raising and butchering of creatures, the salmonella that lives in creature guts can exchange onto nourishment items.

Storing and preparing high-risk raw foods able to |on the point of">on the brink of ready to eat food can cause cross-contamination.

Fish and shellfish may eat toxic-producing organisms that are dangerous to humans if they eat them.

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Microbial contamination is that the commonest reason behind outbreaks of gastrointestinal disorder. The simplest thanks to prevent this sort of contamination is by following strict, high-standard food hygiene practices. This means:

Having impeccable personal hygiene and taking day off from work once you are ill.

Separating raw and ready-to-eat food in the least stages of the food handling process, from delivery to serving.

Always wash raw fruit and vegetables.

Controlling pests and ensuring they're not on the premises.

Physical Contamination of Food

Physical contamination happens when a food has been contaminated by a far off object. It can occur at any stage of food delivery and preparation. Physical defilement can cause genuine hurt to the buyer, counting broken teeth or choking. Types of physical contaminants which is able be found in nourishment incorporate gems, hair, plastic, bones, stones, bug bodies, and cloth. Furthermore, on the off chance that there are issues with the nourishment premises or hardware, like flaking paint or free screws amid a bit of pack, at that point these can moreover enter nourishment. Physical contaminants may indeed carry destructive microbes, posturing a great more prominent hazard.

You can prevent physical contamination through:

Replacing any damaged equipment immediately.

Reporting any faults with equipment and premises at once.

Having a radical pest system insitu.

Following code principles, like removing jewellery when handling food and wearing a hairnet.

Allergenic Contamination of Food

Allergenic contamination occurs when a food that causes an

allergy comes into contact with another food. for instance , if an equivalent knife wont to cut normal bread is then wont to cut gluten-free bread, or if pasta is stored during a tub that wont to contain peanuts.