



A Perspective on Chemical Contaminants in Food and its Adverse Effects on Health

Samiksha Yadav*

Introduction

The food we eat is a source of nutrients and energy, but it can also be a source of chemical contaminants. These contaminants can be naturally occurring or man-made, and they can have adverse effects on health. The most common chemical contaminants in food are pesticides, heavy metals, and mycotoxins. Pesticides are used to control pests and diseases in crops, but they can leave residues on the food. Heavy metals, such as lead, cadmium, and mercury, can be found in food from natural sources or from industrial pollution. Mycotoxins are produced by certain molds and can be found in grains, nuts, and other food products. These contaminants can cause a variety of health problems, including cancer, reproductive problems, and developmental delays in children.

The World Health Organization (WHO) estimates that about 20% of the world's population is exposed to high levels of chemical contaminants in food. This exposure is a major public health concern because of the potential for adverse effects on health. The WHO has developed guidelines for the maximum residue levels (MRLs) of pesticides in food, and these guidelines are used by many countries to regulate the use of pesticides. However, there are many challenges in enforcing these guidelines, and more research is needed to better understand the health effects of chemical contaminants in food.

***Corresponding author:** Samiksha Yadav, Department of Microbiology, Raja Bahadur Venkata Rama Reddy Women's College, Hyderabad, Telangana, India; E-mail: samikshayadav@gmail.com

Received December 08, 2021; **Accepted** December 22, 2021; **Published** December 29, 2021

Citation: Yadav S (2021) A Perspective on Chemical Contaminants in Food and its Adverse Effects on Health. *Int J Res Dev Pharm L Sci* 7: 114.

Copyright: © 2021 Yadav S. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

