

EST 201: INTRODUCTION TO FOOD
ΕΣΤ 201: ΕΠΙΧΡΟΝΟΙΟΤΗΤΗ ΤΗ ΕΛΟΟ
TECHNOLOGY

SECTION 6
SECTION 6

FOOD AND CONSUMER HEALTH
ΕΛΟΟ ΑΝΟ ΚΟΝΣΥΜΕΡ ΗΕΑΛΘΗ

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Introduction

Consumer health can be defined in terms of what people consume in order to be healthy.

Food is what we consume to give us nutrients for growth, sustenance and replacement of worn out tissues.


- Food with little or no nutrients, incomplete nutrients when consumed on a regular basis will result into bad health such as growth retardation, sicknesses, loss of body immunity against diseases etc
- Food with contaminants are deleterious to human health
- Over processed food will lead to loss of protein and vitamin
- Regular consumption of food with only carbohydrate leads to a condition called kwashiorkor
- Lack of enough supply of energy results in a protruded belly, thin arms and legs or swollen body in a condition called marasmus.

Toxicants of Foods

A toxicant is any chemical substance that can elicit a detrimental effect in a biological system. Food toxicant can be divided into three categories, namely endogenous, naturally occurring and synthetic.

1. Endogenous Toxicants

- ❖ substances produced by tissue cells in plants and other biological raw materials.
- ❖ chemical substances often serve the purpose of protecting plant tissues from pests, as well as from pathogenic organisms

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- ❖ Transmission to man can be direct consumption of toxic plants or from animals who have consumed the plant that are then used for human foods
 - ❖ Examples include flavonoids, goitrogens, coumarins, cyanogenic compounds, herbal extracts, and mushroom toxins.

2. Synthetic toxicants

- ❖ They are those that are synthetically produced, which found their way into our food supply through contamination of the food processing environment. e.g pesticides, additives, preservatives
- ❖ Pesticides include insecticides, herbicides, rodenticides, fungicides, fumigants etc.
- ❖ Amide herbicides (propanil) which is used extensively to control harmful weeds in rice crops could cause liver damage, central nervous system depression and death.