



Food and Health - How Safe Is Your Diet?

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Letter to Editor

An adequate supply of safe and basic healthy food is one of the principles of primary health care which is the first level of contact of the public with the health care system. Diet is the sum of food consumed by a person or other organism. The word diet often implies the use of a specific intake of nutrition for health. A healthy *diet* is essential for good health and nutrition.

Food was once seen as a source of sustenance and pleasure. Today, the dinner table can instead begin to feel like a minefield. From the basic diet like milk till the heavy meals contain one or the other toxin or chemical which is harmful to human health.

Coffee which contains caffeine will drive us to a heart attack. The So-called “grain brain” (wheat) could contribute to Alzheimer’s disease. Dairy products will clog up your arteries and contribute to heart disease. Pasteurization done for milk could contribute to eczema, asthma and other immune disorders. The Egg which is considered as the most nutritious food gives rise to a heart attack. Artificial sweeteners used to add on taste and palatability including preservatives to protect foodstuffs can contribute to cancer risk. Processed meats are as dangerous as cigarettes. Antimicrobials and hormones are used in farming for the growth and treatment of cattle and it is approved by the FDA. The question here is, are all using the permissible dose of hormones or antimicrobials? Similarly to hasten the ripening of fruits the chemicals used are safe?. And also are they used in permissible quantity? Conversion of

plastic into rice, artificial egg preparation, wax on fruits and so on makes us think where are we heading?.

Crops from Rice till Jowar, Vegetables from Tomato till Cauliflower, Fruits from Banana till Butter fruit, including the lifesaving liquid Water contains chemicals that are used in processing.

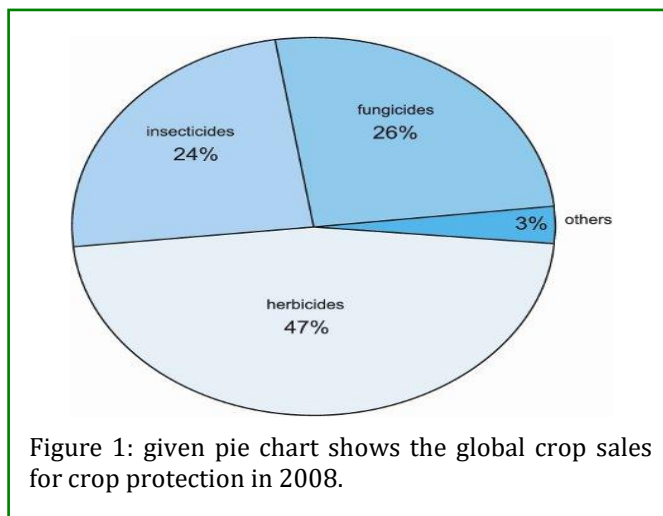


Figure 1: given pie chart shows the global crop sales for crop protection in 2008.

The global crop protection market reached a value of more than US\$ 60 Billion in 2018. The market value is further expected to exceed US\$ 80 Billion by 2024, exhibiting a compound annual growth rate of 4.8% during 2019-2024.

Do we know the original and complete constituents of the food products we are consuming? How reliable expiry dates on the food products? Competition at Sales and Marketing plays a major role in the production of unsafe

food items, in the race of making a profit for better living health of own is kept under stake. What is the use of wealth if one does not have health?.