

# Download Food Adulteration And Its Effect On Health

Thus you can say that adulteration can bring down your health and affect the quality of life. Increases the impurity in the food: As adulteration alters the composition of the food item, it increases the impurities thus making them imperfect for the consumption. If you consume such impure stuff you are bound to have side effects which can either be short-term or a long-term one. The effect of adulteration The increased impurity in food substances is bound to have some side-effects that would be responsible for poor health conditions. The ready-made food products made using sub-standard ingredients results in making a compromise with both health and taste. Let us learn in detail how food adulteration can harm our health. Increases the impurity in food: Food adulteration increases the impurity in the foods items thus making it imperfect to consume. Consumption of adulterated food for long will have both short term and long term impact on our health. Effects Of Food Adulteration Food adulteration can have a range of harmful effects on health. It can not only lead to toxicity in the body but also can lead the body to paralysis or eventually death. Thus, it becomes very important to detect these adulterants., Food Adulteration And Its Effect On Health.

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