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Natural toxins in food pdf

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Natural toxins are chemicals naturally produced by living organisms. These toxins are not harmful to the organisms themselves but they can be toxic to other creatures, including humans when eaten. Some plants have the ability to produce naturally toxic compounds for humans when consumed. For example, under certain conditions, microscopic algae (small plants) in the ocean can produce compounds that are toxic to humans but not to crustaceans that eat these algae. When people eat molluscs that contain these toxins, the disease can follow quickly. There is an active monitoring program to ensure that the crustaceans sold to Canadians do not contain these "mollusc toxins". This monitoring program is jointly administered by the Department of Fisheries and Oceans, the Canadian Agency of Food Inspection and the Canada Environment. Mycotoxins are another group of natural toxins. The word mycotoxin derives from the Greek word for the 'Mykes' mushroom and the word Latina 'toxicum' which means poison. Mycotoxins are toxic chemicals formed by mushrooms that can grow on crops in the field or after harvesting. Foods that can be affected include cereals, walnuts, fruits and dried fruits, coffee, cocoa, spices, oily seeds and milk. There are now more than 300 known mycotoxins of widely different chemical structures and different action modes - some target kidney, liver or immune system and some are carcinogens. Common mycotoxins include Aflatoxine, Ochratoxin A, Ergot Alkaloids, Fumonisin, Patulin, Trichothecenes (like deoxynivalenol which is also known as vomitoxine) and zearalenone. What is Health Canada doing? Health Canada monitors food supply for micotoxins and other natural toxins. Health Canada Scientists research and evaluates the toxicity of natural toxins to humans and evaluate the risk of negative health effects from exposure to natural toxins; They also participate in international evaluations of natural toxins. These activities support the development of appropriate risk management strategies to reduce exposure to mycotoxins. For example, scientists provide the direction of interested parties on how to reduce the levels of toxin in foods while providing consultancy and guidance to Canadians on the risks and benefits of particular food choices. In order to reduce the risk of exposure to natural toxins in retail food, health canada develops maximum levels for these foods compounds. For example, there is a maximum level of 15 parts per billion total aflatoxin in the edible portion of nuts and nut products. There are also maximum levels for domically acid and paralytic crustacean toxins (both crustacean toxins). And glycoalkaloids (a vegetable toxin) in potatoes. Health Canada and other federal government partners, including the Canadian food inspection agency, the fishing and ocean department and the Canadian wheat committee undertakes a regular monitoring of the levels of various natural toxins in food. These surveillance efforts allow the current exhibition of Canadians to natural toxins in foods to be determined, which in turn allows risks to human health to be estimated and strategies to manage any associated risks. The Canadian food inspection agency also monitors compliance with all maximum levels. What can you do? Health Canada recommends that Canadians consume a variety of foods from every food group included in eating well with Canada food guide. Health Canada has released advice for specific foods that can contain natural toxins and these can be viewed through links Below and in the topics box above. As for micotoxins that can be produced by mushrooms or molds, avoid eating moldy nuts or other moldy foods. Mycotoxins can be present in those foods, and moreover, the conditions that allow the growth of the mold could also allow the growth of harmful bacteria that cause food poisoning. However, there are molds that are essential for the preparation of some foods, such as example Cheese variety. Molds in or on these cheeses (for example, blue cheese, stilton, brie) are not harmful. Other sections of interest List of maximum levels for the various chemical contaminants in lobster foods Tomalley Health Canada Recommend Canadians to limit the consumption of lobsters Tomallys Fish and crustaceans Plant of toxins Mycotossine Focus of food safety (11 A ° Problem, June 2007) € â, ~ "Food safety platform reported by Dr. Anna SP Tang, official search, risk assessment section, Food Safety Center What are natural toxins in food? Unlike artificial chemicals such as pesticides, veterinary drugs Or environmental pollutants entering our food supply, toxins can be present because of their natural occurrence in food. Natural toxins reported intrinsically in the foods of plants and animals origins can be harmful when consumed in sufficient quantities. Where do they come from? Toxic compounds are produced by a variety of plants and animals. Toxins Natural can be present to serve specific function in the plant and in the animal or have evolved as a chemical defense against predators, insects or microorganisms. These chemicals have different chemical structures and are widely different in nature and toxicity. The natural toxins present in the food of vegetable origin of over 300,000 different plant species in the world, at least 2,000 species are considered poisonous. Cases of poisoning are often reported when wild species of mushrooms, berries or other plants are ingested. On a global level, only hundreds of plant species are commonly eaten, yet many of them can become toxic to the body if they are taken into excess or if they are not properly treated before consumption. Depending on the species, the edible parts of the plants vary, which can include foliage, sprouts, stems, roots, fruit and tubers, and so are their poisonous parts. The plants of the same generate can show similar or remarkable toxicities. The amount and distribution of toxins present in a plant vary according to the species and geographical conditions in which it grew up. In general, important plants for survival and reproduction, such as flowers and seeds, will concentrate the defense compounds. These compounds can be quite quickly synthesized or stored in certain stages of critical growth, ie in gems, young fabrics or seedlings as in the case of potato sprouts. Common examples of natural toxins in food plants include glycoalkaloids in potatoes, compound generators of cyanide in apricot seeds Amari and bamboo shoots, enzyme and lectin inhibitors in soy beans, green beans and other legumes. Illustration: Illustration of sprouted potatoes: ginkgo seeds illustration: Bamboo sprouts natural toxins present in natural animal toxin food of animal origin can be a product of metabolism or a chemical that is passed along the food chain. While poisoning after eating terrestrial animals is relatively rare, poisoning due to marine toxins occurs in many parts of the world. Marine toxins produced by toxic microalgae are accumulated in shellfish, crustaceans and Pinfish following their consumption. Tetrodotoxin, a powerful neurotoxin marina, is believed to be produced by some bacteria. It is located in over 90 species of ball fish and can cause the lethlet after ingesting a small amount. Seafood poisoning commonly reported in coral reef fish is due to the presence of ciguatoxin that can be found in more than 300 sort of fish. The histamine produced by a bacterial deterioration of the scombroid fish causes another type of seafood poisoning. There are about 1,200 species of poisonous and poisonous animals in the world. While most of them are not used as food, it must be taken care to avoid poisonous glands or tissue containing toxins when these animals are used as food. The glands of some animals that are not considered poisonous or poisonous when ingested can cause poisoning from food as the clean-bladder of grass carp that contains chemicals related to Ciprider. Illustration: Illustration: Leopard grouper illustration Image: Potato grouper illustration: Potato grouper illustration: Poison poisoning poison poisoning poisoning poisoning poisoning toxic in food can cause acute and chronic health effects with a range of symptoms Clinicals. The acute symptoms range from myths gastrointestinal neurological symptoms, respiratory paralysis to fatality. This is more likely among groups susceptible to the population like children and the elderly. A few hours if the acute symptoms are not seen, the acute symptoms are seen following the ingestion of various marine toxins in molluscs and other seafood. Acute poisoning is also seen in the consumption of wild mushrooms or plants inadequate as a ginkgo seeds and bitter apricot seeds. Chronic toxicity is seen more often in revenue caused by plant toxins like many alkaloids. Pirrolizidine alkaloids present in crop weeds and in some plants can cause liver toxicity on prolonged consumption. The quantity of food that causes toxic effects depends on the level of toxin present and the single susceptibility. Risk reduction measures In some cases, the appropriate methods of food processing and accurate cooking can be used to destroy or reduce the level of toxin. In other cases where toxin cannot be reduced or removed, the recruitment should be limited. Accurate cuisine destroys enzyme inhibitors and bean lectins. Immerse yourself in water and boil also remove some cyanide generators compounds in the interested foods. The removal of gonads, skin and parts of certain fish eliminates the toxins concentrated in these tissues. In general, if a substance emerges depends on its concentration, the quantity of recruitment and the state of the health of the individual since the body can detoxify the low levels of many potentially dangerous substances. As a general rule, the public should follow the conventional ways for food processing that are known to be safe and maintaining a balanced and varied diet so that exposures to certain types of natural toxins can be held at a safe level. level.

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