

# Adulteration In Food Stuff And Its Harmful Effects

FOOD ARTICLE	ADULTERANT	HARMFUL EFFECTS
Bengal Gram dhal & Thoor Dhal	Kesai dhal	labyrinth cancer
Tea	Used tea leaves processed and coloured	Liver Disorder
Coffee Powder	Tamarind seed, date seed powder	Diarrhoea
	Chicory powder	Stomach disorder, Giddiness and joint pain
Milk	Unhygienic water & Starch	Stomach disorder
Khoa	Starch & Less Fat content	Less - nutritive value
Wheat and other food grains (Bajra)	Ergot (a fungus containing poisonous substance)	Poisonous
Sugar	Chalk powder	Stomach - Disorder
Black powder	Papaya Seeds and light berrys	Stomach, liver problems
Mustard powder	Argemone seeds	Epidemic dropsy & Glucoma
Edible oils	Argemone oil	Loss of eyesight, heart diseases, tumour
	Mineral oil	Damage to liver, carcinogenic effects
	Karanja oil	Heart problems, liver damage
	Castor oil	Stomach problem
Asafoetida	Foreign resins galbanum, colophony resin	dysentery
Turmeric powder	Yellow aniline dyes	Carcinogenic
	Non-permitted colourants like metanil yellow	Highly Carcinogenic
	Tapioca starch	Stomach disorder
Chilli powder	Brick powder, saw dust	Stomach problems
	Artificial Colours	Cancer
Sweets, Juices, Jam	Non-permitted coaltar dye, (Metanil Yellow)	Metanil yellow is toxic and carcinogenic
Jaggery	Washing soda, chalk powder	vomiting, diarrhoea
Pulses (Green peas and dhal)	coaltar dye	stomach pain, ulcer
Suapari	colour and saccharin	cancer
Honey	Molasses sugar (sugar plus water)	Stomach disorder
Carbonator water beverages	Aluminium leaves	Stomach Disorder
Cloves	Cloves from which volatile oil has been extracted	Health disorders