

“Food Safety: 21st Century”



Food safety is a very important issue in the 21st century due to numerous devastating outbreaks of salmonellosis, cholera, enterohaemorrhagic Escherichia coli infections, hepatitis A and other diseases in both industrialized and developing countries.

In addition to this many re-emerging and new pathogens are being introduced that can be transmitted through food or drinking water. More foodborne pathogens can be expected because of changing production methods processes, practices, technologies, habits and increase in the trade across the globe.

In the 21st century the greater threat to food safety is the increased age of human populations, unplanned urbanization and migration due to better employment opportunities and mass production of food due to population growth and thus meeting their increased demand for food and changed food habits.



Mass tourism and the huge international trade in food and feed is causing food and feedborne pathogens to spread transnationally and thus introduction of new food borne pathogens. As new toxic agents are identified and new toxic effects recognized, the health and trade consequences of toxic chemicals in food will also have global implications.

Control Strategies

- In order to achieve food safety it is necessary to have cooperation between various disciplines and food sectors. A strong food safety agency is needed to bring about cooperation between government departments, nongovernmental organizations and community leaders. A well developed surveillance system should be established in each and every country to monitor the food borne diseases and their causes.
- Appropriate technologies have to be applied at suitable points in the food chain. The aims are to prevent the entry of pathogens into food and drinking – water, to prevent their growth, and to inactivate them where necessary. There should be suitable legislations and increased reliance has to be placed on the compliance of food handlers, managers of food establishments, consumers and others educated in what has to be done to achieve food safety.





- National food safety control system should be strengthened within the national public health sectors. Public health and food control laboratories should be enabled with appropriate systems and infrastructure to monitor contaminants in food and to identify the contaminant causing the disease.
- Proper Education regarding the food safety should be given to food handlers and consumers.

"If the processed food industry has to deliver wholesome and safe food, it rules & regulations should be implemented. The entire idea FSSAI this act is not to implement it by force. It has to be a process of making people educated. Proactive training and capacity building will be the main instruments in this process. The private sector in the industry will have to take the lead."

India to become manufacturing hub for food products for the rest of the world



To become the global hub for supply of processed food products from India we need to be competitive in global food trade. That means that from our existing system we need to unlock value and eliminate the inefficiency and redundancy which help to reduce cost.

Minimizing wastage of perishables

Union Food Processing Industries Minister, **Harsimrat Kaur Badal** has said that impetus to food processing can minimize wastage of perishable commodities and give better returns for farmers while simultaneously ensuring cheaper prices for consumers.

Badal addressed the meeting with Ministers of Food Processing Industries of States/UTs to review the progress of National Mission of Food Processing in the capital.

Badal also stressed the need for bringing down the percentage of wastages in the agricultural commodities particularly in fruits and vegetables from the present 18 per cent to much lower levels.



Heath tips

- ❖ Fish Oil's impact on irregular Heartbeat High doses of fish oil supplements, rich in omega-3 fatty acids do not reduce atrial fibrillation, a common type of irregular heartbeat in which the heart can beat as fast as 150 beats a minute. The study by the Montreal heart institute concluded that fish oil supplements did not reduce inflammation or oxidative stress markers, which may explain its lack of efficacy. The fish oil has no role in the rhythm-control management of atrial fibrillation. It has been suggested that a Mediterranean-type diet rich in natural omega-3fats and other nutrients, including fresh fruits and veggies, legumes, olive oil with lowered intake of red meat, trans fat and saturated fats should be recommended for preventing heart problems.
- ❖ Food with high level of tyrosine, like bananas, peaches and almonds and food supplement s that include tyrosine are a healthy and cheap way to increase our ability to think deeply. For, instance, students who have to sit for an exam can benefit from added tyrosin

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