Food Safety in Bangladesh
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Any substance consumed to provide nutritional support for the body is food. The right to food is a human right recognizing the "right to an adequate standard of living including adequate food," as well as the "fundamental right to be free from hunger."

We eat food to live. Besides, we take fruits to our relative's house who is sick. We buy large fish from our favorite superstore to entertain our guest. We celebrate with sweets. Various colouring agents are used in sweets, some cultural foods and poisonous yellow colorants in spices, ursa to whiten rice and puffed rice, sawdust in loose tea, soap in ghee and artificial sweetener, coal tar and textile dyes in rice and puffed rice, sawdust in loose tea, soap in ghee and artificial sweetener, coal tar and textile dyes in spices, sauces, juices, lentils and oils. Sulphuric acid is used in the various types of sweets, some cultural foods and poisonous colors. On the other hand, perishable foods are turned to poisonous foods as unhygienic atmosphere.

The range of chemicals and colouring agents that are being used in food is beyond imagination. Calcium carbide is applied on fruits to ripen, formalin on fish, fruits, milk and vegetables as preservatives, brick dust and poisonous yellow colorants in spices, ursa to whiten rice and puffed rice, sawdust in loose tea, soap in ghee and artificial sweetener, coal tar and textile dyes in sweetmeats. Various colouring agents are used in sauces, juices, lentils and oils. Sulphuric acid is used in milk for condensation. Many restaurants use burnt engine oil for deep fry. Even the cooking oil becomes poisonous due to repetitive use of same oil in restaurants. We feel utterly helpless when we come to know that between 70%-90% of the food products and toxic artificial colours. On the other hand, perishable foods are turned to poisonous foods as unhygienic atmosphere.

In Bangladesh, most of the foods which are manufactured or processed are unsafe for consumption and also adulterated to varying degrees. This problem persists at every level of the food chain from preparation to consumption. Food manufacturers, processors, restaurants, fast food outlets and so forth are all involved in one way or another in this corrupt practice of adulteration by using various harmful chemicals and toxic artificial colours. On the other hand, perishable foods are turned to poisonous foods as these are stored, sold and served to consumers in an unhygienic atmosphere.

The puffed rice is contaminated by using urea fertilizer and cadmium. Urea is extremely hazardous for human body which can create cancer and various ulcers. Exposure to cadmium is linked with kidney disease.

Access to safe and nutritious food along with food security is of utmost importance to reach the Millennium Development Goal of reducing hunger and under nourishment in Bangladesh by 2015. The theme of this year's World Health Day is 'Food Safety' which is very much relevant & close to Bangladeshi context. Everyone's collective effort can reduce food adulteration which is a punishable offence and government should take serious action against it. The government along with non-governmental and private sectors should frame out national plan to create public awareness about food safety and health hazards. However, the good news is that the government of Bangladesh started implementing the Safe Food Act 2013 from February 2015 to fight adulteration and protect public health. Everyone should work towards the common motto: safe food from farm to plate. Only then it will be possible to ensure food safety.

References: