Food-Borne Diseases and their Impact on Health

Khalid Salmeen Almaary

Department of Botany and Microbiology, College of Science, King Saud University, Riyadh, Saudi Arabia.

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Food safety remains a vulnerable issue in the face of foodborne disease outbreaks, which have significant consequences for individuals, the food industry, and the economy. This article aimed to investigate the impact of food borne diseases on food quality along with the public health concerns related to contaminated foods. This study was conducted through secondary data extracted from the literature on an emerging and concerning topic, which revealed that the emergence of antibiotic resistance in foodborne bacteria has a significant impact on public health. Resistant bacterial infections pose considerable costs to society and threats to food safety and the health of the population as a whole. Multidrug-resistant microorganisms causing illnesses possess several biological mechanisms to counteract the drugs' effectiveness and avoid being killed by them. It has been extracted that foodborne illnesses are caused by bacterial infections from various pathogens, including Clostridium perfringens, Clostridium botulinum, Listeria monocytogenes, Vibrio spp., Shigella spp., Escherichia coli, Campylobacter spp., and Salmonella spp. Foodborne illness epidemiological surveillance methods are powerful tools for monitoring the phenomenon that occurs in populations. These population-based approaches, focused on advancing technology and advanced molecular subtyping available to public health laboratories, are essentially suitable for cooperation with foodborne diseases correlated with cluster-produced and widely distributed food products.

Keywords: Antibiotics; Foodborne diseases; Human Health; Microbial Resistance.

A considerable of microbes able to causing illness via exhaustion of impure nourishment¹. The nourishment is very important for life but the consuming of unsecured food is dangerous of thousands million around the universe and they are coming ill about that¹. over and above, insufficiency of awareness of food hygiene culture, erroneous food handling practices, crosscontamination, and improper storage are some of the main causes of food-borne infirmity, which are associated with foods that are ready to be eaten outside² foodborne diseases described by severe stomach and intestines diseases are the

greatest food integrity trouble as well as the most depressing food-related impendence to public good health^{3,4}. Bacteria and microbes transmitted through food come from farms, slaughterhouses, and food factories to the dining table in the home (Fig 1). When the preparation food steps occur under unfavorable and uncontrolled conditions. Culturing, gathering, collection, and transmitting, under contaminated environment and with no accurate temperature, increase the infection transmission to humans and animals⁵. The illnesses of food are ordinarily intended and malicious come out by bacteria, parasites, viruses, or chemicals



 $[*]Corresponding \ author \ E-mail: \ maarykhalid@gmail.com$

when swelled by human or animals through spoiled nutrient and liquid^{3,2}. Almost yearly, 0.1% get hurt when taking polluted food around the world, leading towards 420,000 passing away resulting on loss of 33,000,000 healthy lives per year according to Disability Adjusted Life Years (DALYs)⁶. Infected by diarrhea reckoning more than 50% of diseases caused by food, and its leading to death about 2,000,000 at a year, as stated by World Health Organization (WHO)³. In 2018, there is a study by World Bank on the economic costs of infections that transmitted by contaminated food for countries with low income as well as those with average income, costs were estimated at about \$95.2 billion, annually, and about \$15 Billion the cost of treating the foodborne illness per year⁷. Implementation of a food integrity pedagogical platform in institutions for education is essential to improving familiarity of food safety8. Food-borne ailments have variable causative agents such as Salmonella, Campylobacter, Enterohaemorrhagic Escherichia coli (EHEC), and Listeria monocytogenes, etc..., however typhoid and norovirus are taking charge of senior disease encumbrance regrettably, nutritional diseases afflict people who are not summoned by the sponsor from the hospital and clinics, because to self-recovery of most gastrointestinal tract infections that caused by food (10). The tertiaryaltitude zone with food-borne diseases is the Eastern Mediterranean Region, rated above a hundred million patients per year. Saudi Arabia in 2020 recorded about 3080 statuses of foodborne diseases and the age collection between 16 - 46 years was 1258 cases¹¹. Matthews et al classified the food-borne diseases into tertiary kinds: infection, toxic infection, and intoxication they are take place when the ingestion of toxic happens and related to symptoms that rapid and onset. When the microbe is ingested along with the food and begins to infiltrate and spread to the host cells, foodborne infection will occur resulting in severe tissue deterioration. The food-borne illnesses Toxin-infection take place when the toxin manufactured by alive bacterium, virus, or other microorganism inside the host after having meal¹².

The important of food safety

In the lightening of the continual increase of food-borne sickness setting fire and the different occasionally for meals pollution by the secular food round, the fundamental objective of resident food authorities is the protection health of people via embrace a preventative processing to prevalent food benignity prohibition by chosen and enforcement of measurement that are adequate to the hazards¹³ various research discussed the integrity of food risks and their communication with customers in these risks accomplished with the pandemic of Covid-19,^{14,15} The understanding of consumers about meals benignity peril is identified as necessary support related to the labors in the direction of promoting knowledge of several forms of health-related food solidity jeopardy^{16,17}.

In the opinion of Food and Agriculture Organization of the United Nations (FAO), food fineness is "a complex characteristic of food that determines its value or acceptability to consumers" (FAO, 2014). Food-borne diseases described by severe stomach and intestines diseases are the greatest food integrity trouble as well as the most depressing food-related impendence to public good health^{3,4}.

The hygienic of food means provide the indispensable situation that guarantee the integrity of food from fabrication to consuming. It is essential demand of processing of food that the food generated must be secure for exhaustion. The safety of any nutritious substance that people or animals eat or drink is requisite need but there is hazard that it may be condone in the evolution of dynamic and functional procedures feed. Food benignity stay as susceptible matter against the flare-up of food-borne malady occurring fundamental value to persons, the food metier and frugality9. In North America before October 2006, an outbreak of Escherichia coli serotype O157:H in uncooked bagged spinach resulted at approximately 276 patients and 5 cases of death¹⁷.

Presently, they are many food solidity serving foundations like: Saudi Food Drug Authority (Saudi Arabia), Jordanian Food and Drug Authority (JFDA), National Food Authority (Egypt), The National Health and Environment Control Agency (Tunisia), National Office for Product Safety (Morocco), etc.....¹³.

HACCP It is a preventive system that guarantees the safety and quality of food and that it is free from microbiological, chemical, and environmental contaminants. and physical during the different stages of production. Starting from the farm, transportation, preparation, processing, packaging, loading and distribution until the product reaches the consumer and the abbreviated letters HACCP mean Hazard Analysis Critical Control Point¹⁹.

After many transitional stages, the Kingdom of Saudi Arabia went through from frittered organizations to a localized administrate of nutrition benignity, out of establishing of the Saudi Food and Drug General Authority (SFDA) in 2003 as free organization that describes straightway to office of the Prime Minister, it is entrusted with all the procedural, executive and oversight tasks that are carried out by the existing authorities to ensure the safety of food and medicine for humans and animals and the safety of biological and chemical preparations, as well as electronic products that affect human health, It also determines the binding specifications and standards for merchandise either domestic or imported manufacturing 12,20.

Similarly, in the United Arab Emirates there is a Federal Food Security Law (Decree No. 14 of 2016) which orders the import of foodstuffs not intended for non-commercial objectives, after that, the approach was combined with the risk of inspection efficacy, and the begins of the (National Food System) was been in 2017, the establishing of the (National Accreditation) by 2018, that act as incorporated smart reproducer datum of food datum¹³.

The National Food Authority was established in Egypt on January 10, 2017 (Law No. 1 of 2017) as an independent body that follows the President of the Republic. It was issued Executive Carry by Prime Minister Decision (No. 412 on February 18 2)^{14,15}. NFSA message to development of the food system safely in order to provide security for the consumer Through the application of policies, regulations, quality standards, research, and effective integrated educational programs, and their mission to achieving the requirements of the safe food in a manner that guarantees maintaining health and safely Consumer, check that the productive, manufacturer, distributor and trading food The consumer in Egypt is a safe food according to the standards of global food¹³.

The value of food porn diseases

Food borne illness are proliferated because not appropriate dealing and stockpiling of raw items, not cooking meat, or poor hygiene habits²¹. Food hygiene and disinfection are stringent operations through meats treatment to secure sanitary production and food healthy. several forms of physical and alchemical operations are employed to sanitize nourishments to prohibit bacterium, virus, or other hurtful microorganism²².

The food pollution with microorganisms rendered in canteens can take place at each phase through storage, manipulated, and operating or even at the favor step. It be able constructed by polluted raw materials articles or the contamination that comes from water, fine particles on air, the human wastes, animals junk, and numerous another provenance^{21,23}.

however, the encumbrance of Foodborne diseases further than severe sickness, but the contagion with, a bacterium, virus, or other microorganism that transmitted through foods can outcome in long-dated post intended multiples, that might unpaper for many days, to many years next a chief infection. The considerable of those ramifications contain chronic impairment of the gastrointestinal tract (GIT) like inflammatory bowel disease (IBD) also irritable bowel syndrome (IBS), Also, other diseases affect the immune system or different parts of the body²⁴.

To adjust feed-borne diseases, the health and, food authorities have to observe and control pathogenic microorganisms and, nourishment deterioration by using safe antibiotics or chemical preservatives exceedingly used by the food manufacturers²⁵. Viruses that are usually described in food are *Hepatitis A*, and *Norovirus*, whilst *Entamoeba histolytica*, *Giardia lamblia*, *Toxoplasma canis*, *Cryptosporidium spp*, and *Trichinella spiralis* as examples of parasites involved in food-borne parasites²⁶.

According to WHO and FAO, fully 10 taxonomic families of viruses have been certified as Food-borne transferred, while the illnesses confederated for those infections extended between temperate diarrheal malady to very great and severe inflammation of the brain (encephalitis), the food-borne infectious can be transmitted by: food-handlers (extremely) that contamination may occur during processing of production, also by consuming a contaminated animal product, the food-borne diseases can transmission through faecal oral way, hence affect the body organs next the food ingestion pressed by an invasion of the gut

epithelial cells and posterior producing in the site of infection or other places in the infected body¹.

Group A rotaviruses, hepatitis A virus (HAV), and Norovirus (NoV) were classified as priority risks, whilst, Nipah viruses, hepatitis E virus (HEV), SARS coronavirus, and H5N1 avian influenza viruses are of fundamental importance to emerging hazards. They connected the infection that comes from certain merchandise causing food-borne viral diseases by: hepatitis A virus and Norovirus in bivalve oysters, fresh products, and also in prepared foods. Rotaviruses in water that used in food preparation²⁷.

The representative symptom of food-borne infirmity encompasses high body temperature, abdominal aches, stiffness in breathing, and even passing in acute situations²⁸. Those symptoms are purposed by pathogens ingestion, like food-borne contagions (*Listeriosis*, *Salmonellosis*, etc.) or by the toxins of microorganisms released in the steward body, like poisonous contagion (The food poisoning *Clostridium perfringens*, etc.)^{29,30}.

The most well-known incident is Minamata disease caused by methyl mercury poisoning, released from many plants, which accumulated in the fish's body shell as well as entering the body over ingestion. It was first discovered in (1956) in Japan (Kumamoto Prefecture)³¹.

Prevalence of Antibiotic Resistant Foodborne Bacteria

There is no doubt and no abandoned that the germination of antibiotic resistance of foodborne bacteria has a critical effectiveness on popular health³² The resistant bacterial infections are referring to significant charged for community, while where yonder as well threats to food safeness

and the health of the population as a whole³³. As maintained by the United States National Institutes of Health, relevant to 65% of humane contagious are mediated by microbial biofilm reaching throughout the world^{34,16}. Furthermore, a large number of research mention that, many microbes that formation biofilms are remarkably more resistant to inhibitors and biocides like antibiotic^{35,36}. presently, food-borne pathogenic bacteria are observed, globally, for resistance to substantial kinds of antibiotics³⁷.

The multi-drug resistant microorganism that makes illnesses possess various biological ways to beat off the drug's effectiveness and avoid killing by them. several of those techniques comprises a resistance to the repression of nucleotide compilation, derangement of the cell membrane, protein synthesis diminished purposed by motivated anti-pathogenic drugs, also fluoroquinolone resistance due to mutations in DNA gyrase and topoisomerase IV genes. In a similar way, mechanisms of tetracycline resistance implicate transfer-based techniques by safeguarding the tetracycline ribosomal binding site through RNA-binding proteins (RBP) in multidrug-resistant organisms³⁸.

Plus that a large number of records instrumented extreme expansion of food-borne antibiotic-resistant bacteria like coagulase-negative *Staphylococcus* and *S.aureus*²¹.

As stated by World Health Organization (WHO), food-borne sicknesses are purposed by multi-drug resistance which contains Staphylococcus aureus, Salmonella spp, Escherichia coli O157:H7, Clostridium botulinum, Shigella spp., and Listeria monocytogenes (39).

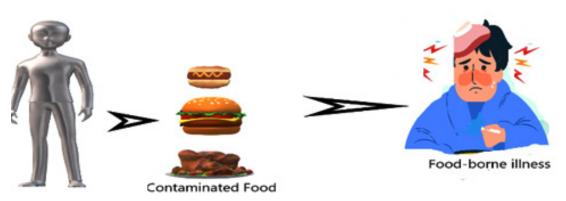


Fig.1. Food-borne sickness

WHO has recorded that the prompt elevation in food-borne infections is foremost expected to gentamicin, and tetracycline-resistant *Salmonella species*, fluoroquinolone-resistant *Campylobacter species*, cephalosporins, and fluoroquinolone-resistant *E. coli*, and methicillin-resistant *Staphylococcus aureus*³⁸.

Food-Borne Bacterial Pathogens

Food-borne sicknesses bacteria are reasoned by contagion by: Clostridium perfringens, Clostridium botulinum, Listeria monocytogenes, Vibrio spp., Shigella spp., Escherichia coli, Campylobacter spp., and Salmonella spp⁴⁰ table (1).

Study that conducted by Feglo and Sakyi specified several kinds of microscopic organisms in Ready-to-eat foods (foods that are consumed at the point of sale or later) like *Escherichia coli* (*E.coli*), *Klebsiella pneumonia*, *Bacillus*, and *Staphylococcus aureus* In addition to, that other researches set many bacterial species which make food-borne sicknesses and food poisoning from Ready-to-eat foods like, *Vibrio*, *Campylobacter*, *Staphylococcus*, *Clostridium*, *Salmonella*, *Shigella*, and *Escherichia coli*^{41,42}.

Salmonella enteritidis is a usually originate bacterium in chicken flesh and eggs.

Eggshells ordinarily contain serovar *Typhimurium*, the skin of chicken can be disinfected quickly because it as a rule consist of *Campylobacter jejuni*²¹.

The majority purposes of food-borne contagions are *Salmonella spp* with over 2600 different serovars posing fundamental health jeopardy in the United States, purposing stomach cramps post-infection, diarrhoea, and fever. As stated by the WHO, there are almost 1000,000 cases of salmonellosis, performing in twenty thousand admissions to hospitals and four hundred morbidities yearly³⁸.

The most hurtful food-borne pathogenic bacteria is *Escherichia coli* O157:H7, sourced for an estimated 73,000 contagion cases of poisons in the USA every year⁴³.

Food-borne microorganisms can many cause intestinal diseases in human beings around the earth, creating a vast economic and health load⁴⁰.

For many years, *Campylobacter* has been recorded as the most causative agent of zoonotic disease within the EU, and the second agent is Salmonella. Through the last 4 years in the EU there is increasing in the number of outbreaks connected with Listeria monocytogenes infection. Alongside

Table 1. Some Food-Borne Bacterial Pathogens

Bacteria	Name of disease	Food Sourcses
E.coli	Food pisining	Various: contaminated food with human or animal faeces or water
Salmonella spp	Salmonellosis	Eggs, poultry, meat, unpasteurized milk or juice, cheese, contaminated raw fruits and vegetables
Shigella spp	Shigellosis	Raw produce, contaminated drinking water, uncooked foods and cooked
Mycobacterium bovis	Bovine Tuberculosis	Raw milk and soft cheeses made with unpasteurized cow milk
Bacillus cereus	Bacillus cereus poisoning	Meats, stews, gravies, vanilla sauce
Clostridium botulinum	Botulism	Improperly canned foods, especially home-canned vegetables, fermented fish, baked potatoes in aluminium foil
Clostridium perfringens	Perfringens poisoning	Meats, poultry, gravy, dried or precooked foods, time and/or temperature-abused foods
Campylobacter jejuni	Campylobacteriosis	unpasteurized milk, contaminated water
Brucella spp.	Brucellosis	Raw milk and soft cheeses made with unpasteurized goat or cow milk Raw and undercooked poultry,
Listeria monocytogenes	Listeriosis	Not pasteurized, soft cheeses made with unpasteurized milk, ready- to-eat deli meats

microbiological causes, another feed occurrence took place in the EU, comprising ethylene oxide in sesame seeds, Bovine Spongiform Encephalopathy, mercury poisoning in fish, and dioxins in animal feed⁴⁴.

The accuracy of the pathogenic dose of a foodborne pathogen is one of the most important and critical points in estimating foodborne disease outbreaks. nevertheless, mainly a little treatise has reformed the infectious dose of food-borne pathogens examples (Salmonella, Escherichia coli O157, enterotoxigenic E. coli, Vibrio parahaemolyticus and Campylobacter jejuni). In several projects, contributors take in the pathogens of the food-borne disease (a bacterium, virus, or another microorganism) at different quantities,

Table 2. Bacterial foodborne pathogens implicated in outbreaks as recorded by CDC

Bacteria	Number of foodborne outbreaks
Salmonella spp	1335
E.coli spp	287
Clostridium spp	269
Staphylococcus spp	170
Campylobacter spp	150
Shigella spp	124
Bacillus spp	61
Vibrio spp	47
Listeriamonocytogenes	21
Yersinia spp	11
Brucella spp	4
Streptococcus spp	3
Enterococcus spp	1

then the observation of the occurring symptoms will occur¹².

Some food-borne Bacterial Infection dose (*Bacillus cereus* 10⁵ to 10³ cell/gram, *Staphylococcus aureus* 10⁵ to 10⁸ cell/gram, *Clostridium perfringens* 10⁵ cell/gram, *Campylobacter jejuni* 500 cells, *Escherichia coli* 0157:H7 100 cells, *Listeria monocytogenes* 100 cells, *Salmonella spp.* 10¹¹ cells, *Shigella spp.* 10⁵ to 10⁷ cells, *Yersinia enterocolitica* 10⁴ cells)¹².

Epidemiology of foodborne diseases

The definition of a food-borne illness outbreak (FBDO) is "two or more cases of a similar illness resulting from the ingestion of a common food "45. As claimed in a statement issued by the World Health Organization, 600.000.000 people in 2010 globally fell sick, and 420 thousand persons pass away from steatorrhea³¹.

Numbers released by the World Health Organization indicate that nearly two billion people die from diarrhea or diseases because of polluted food, and about 30% of those are children down five years of their age⁴⁰.

The food-borne illnesses epidemiological surveillance methods are vigorous tools in order to take characteristics of the phenomenon that are taking place over the inhabitant. The food-borne illnesses epidemiological surveillance methods are vigorous tools in order to take characteristics of the phenomenon that are taking place over the inhabitants. These inhabitants-based lenses, concentrated on advancing acquaintance technology and advanced molecular subtyping obtainable to public health laboratories, is

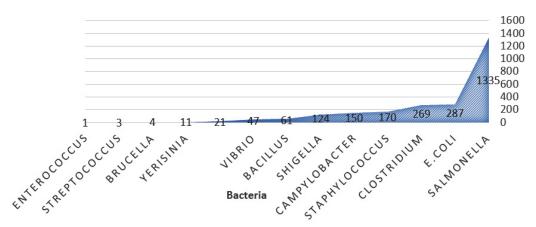


Fig. 2. Bacterial foodborne pathogens implicated in outbreaks as recorded by CDC

essentially fully suitable for cooperation with foodborne diseases correlating for cluster-produced and immensely dispensed products of food⁴⁷.

As maintained by the World Health Organization, 200 several kinds of disease can be caused by 10 eating tarnished food, and occasionally long-term health problems can occur by it, essentially for vulnerable collections like children, pregnant women, and the elderly⁴¹.

Vegetables, fruits, milk and dairy products, seafood, ground meat, and Poultry, are lambasted for the generality of the flare-up of the food born disease²⁸.

A large number of researchers have recorded that meats served by restaurant employees were the fountain of different breaking out of foodborne diseases²⁰. In many countries even developed countries, it is calculated that one-third of the community is influenced by food-borne infirmity microbes once a year⁴¹.

More than three thousand foodborne disease outbreaks will occur by 2020, while more than thirty thousand foodborne illnesses will be recorded in more than two dozen countries of the European Union⁴⁸.

Foodborne illnesses are increasing in the United States, according to the Centers for Disease Control and Prevention (CDC) that contrasts 2016 to 2018 with 2019 numbers, and CDC data show that 2 in 12 Americans (48 million human beings) come sickly from a food-borne sickness yearly 128 thousand are admitted to hospital, and 3 thousand pass away by this malady⁴⁷. where About 48 million sicknesses, 128 thousand admissions to hospitals for treatment, and 3 thousand deaths by contaminated feed yearly in the United States^{51,50}. Food-borne ailments stay prime universal health defy in the United States of America, 9000000 illnesses where caused by 31 known pathogens⁵¹.

Restraint to food-borne illness outbreaks differ basically by resident regulatory government especially an authoritarian one, in spite of almost global wish to destroy completely food-born infirmity⁵². Flare-up in September 2006 in North America of Escherichia coli O157:H7 in spinach raw bagged produced about 276 sicknesses and 5 passed away¹⁷. A predestined 652,000 status of contagious diseases in order to defiled food were take place in the Netherlands in 2018, cost about 171 million EUR¹

In the neighborhood of 800 outbreaks of food-borne disease are determined in the United States of America every year, show for more or less 15000 illnesses, 20 losses of lives, and 800 hospitalizations⁵³. Flare-up correlating with foodborne illnesses these may represent a part of a larger group of the evaluated 9.4 million foodborne sickness from famed pathogens that annually take place in the United States of America^{9,10}. A 144-month supervision schedule in India revealed that beans and cereals were opened with vegetables, fruits, and sweets as leeches acting as food-borne disease outbreaks wagon⁵⁴.

Although there were many bacteria that were confirmed as causative agents of the outbreak table (2), as stated by the results give out in Figure (3), the plurality of laboratory confirmed bacterial pathogens were Salmonella as recorded by the CDC.

In Saudi Arabia increasing in food poisoning cases reported especially in the Hajj season and summer months. Furthermore, in general, the food poisoning problem has become a very crucial subject internationally²¹. Nourishment states recorded in Saudi Arabia becoming greater essentially in the summer months and Hajj time. Moreover, historically, nourishment poisoning trouble begins to be a highly critical matter among many different nations²¹.

According to (Saudi MOH, 2018) More than 350 food-borne poisoning flare-ups were recorded in 2018 in KSA respecting 51% of cases because of the consumption of food from common places like restaurants and nourishment-serving foundations and most of the poisonings were due to bacterial contagion at most salmonella⁵⁵.

In a similar way, as stated by the treatise managed in china utilizing national food-borne infirmity outbreak surveillance framework datum (2003-2017), 19517 food-borne outbreaks were recorded, which yielded in 235754 sicknesses, 107470 admissions to hospitals, and 1457 deaths, of 13307 outbreaks with recognized etiology, about 3.0% 4.2%, 6.8%, and of outbreaks were caused by *Bacillus cereus*, *Staphylococcus aureus*, and *Salmonella*, respectively⁵⁶.

Through a 15-year observation time in China, a whole number of 19,517 flare-ups were registered together with grain, vegetable, fungi, meat, and watery products confirmed as forms

of nourishment types causing them⁵⁷. By rate, one person out of 65 people sticks to food-borne diseases because of taking un secure nourishment⁵⁸. As well as nourishment benignity making global concern. In the year 1988, a hepatitis A outbreak takes place in Shanghai because of the exhaustion of raw clams, which were performed on roughly 300,000-person tribulation from infirmity, and 11 people passed away⁵⁹.

Thus, detection, supervision, and anesthesia of food-borne illnesses observation to indicate the tendency danger agents and disease burden of specified sicknesses in order to diminish food-borne diseases. The United States has sequentially proved the laboratory-based Foodborne Disease Outbreak Surveillance Network (FDOSS) Since 1996, National Foodborne Disease Molecular Typing Network (PulseNet), foodborne Disease Active Surveillance Network (FoodNet), foodborne Disease Active Surveillance Network (FoodNet), and other surveillance systems also another observation organizations have been succeeded applicable in the realization, identification early caution of food-borne disease outbreaks (FBDOs)46,60.

CONCLUSION

Food-borne sickness or food poisoning will persist to be a matter of major disquiet on all sides of the world in the prospective future, in spite of, several important nationalist prosperities at constriction the scales of certain pathogens in nourishments.

Food-borne infirmity is reasoned by consuming contaminated meats or drinks. Most foodborne maladies are infections sourced by a different of bacteria, viruses, and parasites.

knowing about food-borne diseases is frequently proceeding, in terms of both recognitions of causative factors or transmission agents and preventing control measures. Developed challenges are emerging, like the distinctness of new pathogens or reoccurrence of famed ones, the population alteration and its feeding attitudes, food manufacturing shifting, or the food products international trade.

Food-borne disorders can be able to fugitive symptoms, such as vomiting, diarrhea, and nausea. Generally referred to as food toxicity,

however, can enable cause longer-term illnesses too, such as kidney, liver failure, cancer, and neural disorders.

As food benignity is a shared accountability of all peoples, there is a considerable need for teaching and practicing foodborne disease protection through food procreators, providers, handlers, and the general public. In addition to this, all the stakeholders should work closely with national governments to proceed with food safety strategies and plans that will in turn equip safe food for the world's inhabitance.

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Conflict of Interest

There is no any conflict of interest

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