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## **FOOD WHAT WE EAT ARE THEY SAFE?**

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### **ABSTRACT**

This paper aims to highlight the use of toxic ingredients in food products of selected companies and major toxic ingredients which are commonly found in majority of food products. The study deals with affects of toxic ingredients on consumers' health and tried to give awareness to the consumers about the harmful chemicals and its side effects.

**KEYWORDS:** Food, Immune System, Fats, Diseases, Cancer, Consumer Goods.