

## 57% milk samples failed quality test in Chandigarh

734 milk samples out of 1,275 were found of substandard quality.

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Samples of milk, dairy products were from April 2016 to July 2018 tested at Mobile Food Safety Testing Lab.(HT Photo)

A total of 734 milk samples out of 1,275 tested at the Mobile Food Safety Lab of Chandigarh from April 2016 to July 2018 were found of substandard quality. Adulteration was found in one sample, revealed the data of the UT health department.

Also, out of 407 dairy products, two samples were found to be of substandard quality. However, a total of 128 water samples tested were okay.

According to the health officers, Chandigarh was the first city to have innovated the concept of Mobile Food Safety Testing Laboratory.

"In 2016, we converted an old ambulance into a food testing laboratory. The concept was appreciated by the Food Safety and Standards Authority of India (FSSAI), which granted Chandigarh another mobile food safety lab. It has a milk analyser to check 12 parameters and adulteration in milk, sugar content analyser and water tester," said an officer of the UT health department.

## How you can check food adulteration at home

Few measures suggested by FSSAI in their book Detect Adulteration with Rapid Test (DART)

### Detection of water in milk

1. Put a drop of milk on a polished slanting surface



2. Pure milk either stays or flows slowly leaving a white trail behind; milk adulterated with water will flow immediately without leaving a mark

### Detection of detergent in milk

1. Take 5 to 10ml milk sample with equal amount of water, shake the contents
2. If milk is adulterated it forms a dense lather; pure milk will form a very thin foam of layer due to agitation



### Detection of starch in milk & milk products

1. Boil 2-3ml sample with 5ml of water, cool and add 2-3 drops of tincture iodine
2. Formation of blue colour indicates presence of starch



To know more home based test, one can visit the website of FSSAI's 'Eat Right Movement' <http://read.ht/Bqx8>

## 31% food samples substandard

Apart from this, pulses/grains, spices, fats/oil, turmeric, honey and other samples were also tested. Out of 2,392 food products of 17 varieties, 742 were found to be of substandard quality. "Substandard quality means that water was mixed in these samples or the fat content was not the same as it was claimed while selling the milk product. The one milk sample that was found adulterated, a neutraliser was mixed in it. This sample was unsafe for consumption," said the officer.

Other samples cleared the test.

## Dangers that adulterants pose to our organs

Sunita Malhotra, chief dietitian, PGIMER, said, "Urea is the waste product that gets filtered by kidneys, and if we continue to take it for long it will definitely impact our kidneys. Sulphuric acid is very dangerous and we use it to clean toilets. If we consume detergents and such acids, they are going to impact the digestive tract and other vital organs leading to severe diseases. Even chances of cancer can increase."