

Food Products	Adulterant	Harmful Effects
Milk and Curd	Water and starch powder.	Stomach disorders
Ghee, Cheese and Butter	Mashed potatoes, Vanaspati and starch powder.	Gastro-intestinal disturbances and other stomach disorders
Grains	Dust, Pebbles, Stones, Straw, weed seeds, damaged grain, etc.	Liver disorders, Toxicity in the body, etc.
Pulses	Dyes, chemical and Lead Chromate	Stomach disorders
Coffee powder	Chicory, tamarind seeds powder.	Diarrhoea
Tea	Artificial colouring agents	Liver disorders
Sugar	Chalk powder, Washing soda, Urea, etc.	Stomach disorders and kidney failure.
Pepper	Dried papaya seeds and blackberries.	Severe allergic reactions including stomach and skin irritations
Mustard seeds	Argemone seeds.	Abdominal contractions, sluggishness and increased excretion
Edible Oils	Mineral oil, Karanja oil, castor oil, and artificial colours.	Gallbladder cancer, allergies, paralysis, cardiac arrest, and increased LDL cholesterol
Turmeric Powder	Pesticide residues, sawdust, chalk dust, industrial dyes,metanil yellow dye arsenic, lead metal etc.	Cancer and Stomach disorders
Chilli and Coriander powder	Redbrick powder, Rhodamine B dye, Red lead, dung powder, soluble salts, water-soluble synthetic colours and other common salts.	Metal toxicity, Cancer, lead poisoning, tumour, variations in blood pressure and other stomach related disorders.
Cinnamon sticks	Cassia bark	Liver Damage, Low Blood

		Sugar, Mouth Sores and increased risk of cancer.
Cumin seeds	Coloured grass seeds, sawdust and charcoal dust	Stomach disorders
Jam, Juice and Candies	Non-permitted dyes including metanil yellow and other artificial food dyes.	These dyes are highly carcinogenic that have the potential to cause different types of cancer.
Jaggery	Washing soda, chalk powder	vomitings and other Stomach disorders
Honey	Molasses, dextrose, sugar and corn syrups	Stomach disorders
Fruits and Vegetables	Chemical dyes, Malachite green, calcium carbide, copper sulphate and oxytocin saccharin wax.	Stomach disorders, vomiting, and dyes used are highly carcinogenic.
Tomato sauces	Pumpkin pulp, non-edible artificial colours, and flavors.	Gastritis and inflammation of vital organs.
Ice Cream	Pepper oil, ethyl acetate, butyraldehyde, nitrate, washing powder. The kind of gum is added which is prepared by boiling different animal parts including the tail, udder, nose, etc.	Dreadful diseases that affect organs including lungs, kidneys, and heart.