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Polycyclic Aromatic Hydrocarbons' Formation and Occurrence in Processed Food

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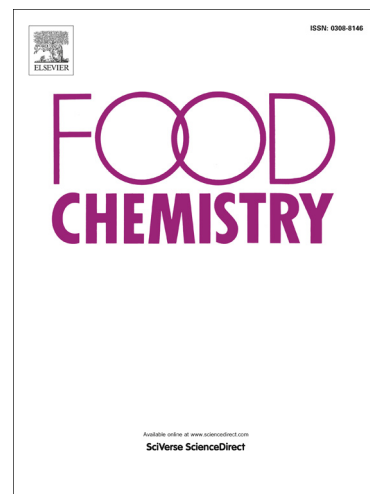
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1 **Polycyclic Aromatic Hydrocarbons' Formation and Occurrence in Processed**

2 **Food**

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8 **Abstract:**

9 Polycyclic Aromatic Hydrocarbons (PAHs) emerged as an important contaminant  
10 group in a gamut of processed food groups like dairy, nuts, herbs, beverages, meat  
11 products etc. Different cooking processes and processing techniques like roasting,  
12 barbecuing, grilling, smoking, heating, drying, baking, ohmic-infrared cooking  
13 etc. contribute towards its formation. The level of PAHs depends on factors like  
14 distance from heat source, fuel used, level of processing, cooking durations and  
15 methods, whereas processes like reuse, conching, concentration, crushing and  
16 storage enhance the amount of PAHs in some food items. This review paper  
17 provides insight into the impact of dietary intake of PAHs, its levels and  
18 formation mechanism in processed food items and possible interventions for  
19 prevention and reduction of the PAHs contamination. The gaps and future  
20 prospects have also been assessed.

21 *Keywords:* - Polycyclic Aromatic Hydrocarbons (PAHs); Food Processing;  
22 Human health.

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