

Management and Prevention of Parasitic Zoonotic Infections in Tayyeb Foods

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Abstract

Introduction

Although parasites have been evolving with man since antiquity, the control and eradication of these diseases are still far from being achieved. They are more frequently reported in the literature as causative agents of food and waterborne illnesses. Several parasites are important agents of diseases transmitted through Tayyeb foods. Parasitic agents are found in many herd animals such as cows, sheep, goats, gazelle and deer. We must know how food could be contaminated, the best storage methods for keeping food safe, and the principles of fighting against germs and pathogenic agents. We should promote public education about ways to prevent food-borne diseases. Also, we must increase coordination and participation of private and government sectors for laboratory diagnosis. This article aims to investigate meat's most important parasitic diseases.

Material and Methods

The best ways to prevent these pathogens must be analyzed to reduce massive destruction. Three databases (Google Scholar, PubMed and Scopus) were searched for published articles on parasitic zoonotic infections in Tayyeb foods in Iran from 2000 to 2020. Twenty related articles with complete abstracts were included in this study. All data were analyzed with R version 4.2.1 artificial intelligence software.

Findings

Parasitic diseases transmitted through meat include a wide range of zoonotic diseases, the most important of which are helminths like; *Echinococcus granulosus*, *Anisakis simplex*, *Fasciola* spp, and also protozoan like; *Giardia*, *Toxoplasma* and *Sarcocystis*, which are very important in terms of health. Even though the food production factories observe the food health control standards, it is necessary for all the people who are involved in the food storage and distribution stages to strictly follow the hygiene principles.

Conclusion

To prevent parasitic zoonoses, the food must be cooked completely, and hygiene principles and correct food storage methods must be followed to avoid re-contamination. Meat inspection and personal hygiene should be taken seriously, especially for those involved in food preparation (transportation, processing and cooking). Kitchen cleanliness is of great importance; food should be kept away from the reach of insects, rodents, and other animals.

Keywords: Parasite, Zoonosis, Prevention, Meat

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