

# Bölüm 47

## BESLENME TOKSİKOLOJİSİNDE HAYVANSAL KAYNAKLI TOKSİNLERİN ÖNEMİ

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### GİRİŞ

Sağlıklı bir yaşamın en temel koşulu yeterli ve dengeli beslenmenin yanı sıra toksik besinlerden kaçınmaktır. Bu nedenle besin değeri ve besin güvenliği konusu geçmişte olduğu gibi günümüzde de en çok tartışılan konu olmuştur. Besin güvenliğini bozan etmenler arasında hayvansal ve bitkisel kaynaklı doğal besin toksinleri, besin değerini azaltan işlemler, kimyasal kirleticiler ve mikrobiyal toksinler yer almaktadır. İnsanlar üç temel makro besin ögesi olan karbonhidrat, protein ve yağları tüketmek zorundadır. Bunlardan proteinler hayvansal gıdaların temel ögesidir. Ancak bitkisel gıdalar kadar hayvansal gıdalar da yaşamı tehdit edebilecek boyutta toksin içerebilmektedir. İnsanlar yaşamları boyunca farkında olmadan bu hayvansal kaynaklı toksinlere sürekli maruz kalmaktadır. Ayrıca suda (ıstakoz, yengeç, karides, ahtapot, mürekkep balığı, deniz anası ve midye gibi) veya karada yaşayan (kertenkele, yılan, kurbağa, salyangoz ve semender gibi) ekzotik hayvansal gıdaların bazı toplumlar için cazip bulunması tehlikenin aslında daha büyük olduğunu göstermektedir. Vücudumuzdaki sitokrom P450 monooksijenaz enzim sistemi başta olmak üzere immün sistem ve antioksidan sistemler aracılığıyla bu kirletici ve toksik maddeler zararsız hale getirilmeye çalışılmaktadır. Ancak bu antitoksik koruyucu sistemin kapasitesi

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## SONUÇ

Sonuç olarak, hayvansal kaynaklı toksinler vücudumuzdaki sitokrom P450 monooksijenaz enzim sistemi, immün sistem ve antioksidan sistemler aracılığıyla zararsız hale getirilmeye çalışılsa da bu antitoksik koruyucu sistem kapasitesi aşıldığında kanserojenik veya organotoksik birçok zararlı etkiler ortaya çıkabilmektedir. Bu nedenle hayvansal kaynaklı toksin barındırma ihtimali olan gıdaların tüketilmemesi ve gıda güvenliği yönetiminin buna göre yapılması gerekmektedir.

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