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## Impact of toxic heavy metals in food systems: A systemic review

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**Abstract :** Heavy metal pollution has shown great threat to the environment and public health worldwide. Heavy metals are among the most problematic pollutants as they are non-biodegradable and can accumulate in ecological systems. In case of food chain systems, they will eventually result in food chemical contamination which can lead to various diseases, threatening public health. For instance, cadmium (Cd) accumulates in kidney and liver for over 10 years and affects physiological functions of a human body. Prolonged exposure to heavy metals such as cadmium, copper, lead, nickel, and zinc can cause deleterious health effects in humans. Therefore, this review was written to provide a deep understanding of the mechanisms involved in eliciting their toxicity in order to highlight the necessity for development of strategies to decrease exposure to these metals, as well as to identify substances that contribute significantly to overcome their hazardous effects within the body of living organisms.

**Key words:** Heavy metal, Health, Toxic, Food Additives.

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