

Mold sunflower seeds contain toxins that cause liver cancer

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Specifically, researchers from Michigan State University have shown that moldy sunflower seeds often appear a toxin with the scientific name aflatoxin, often created by the fungus *Aspergillus*. Previously, this type of toxin usually appears in corn, peanuts, pistachios, almonds and this is the first time scientists have discovered it in sunflower seeds. Scientific experts warn that Aflatoxin is a toxin that increases the risk of dangerous liver cancer.

1. If you want to maintain liver and cure, you should strengthen the following 5 foods
2. Want to prevent liver cancer, just do 3 things well



The researchers conducted a large-scale exposure experiment in Tanzania and found that **the aflatoxin poisoning** in peanuts and moldy corn could have killed 25,000-155,000 people worldwide each year and It becomes an urgent issue with global health.

'This level of aflatoxin is often consumed in the amount of goods and food of the Tanzanian people, experts warned that local authorities should take measures to prevent aflatoxin contamination with sunflower seeds, a

number of other fungal food crops, including in human food or animal feed in Tanzania ' - Gale Strasburg, Professor of Nutrition at the MSU Institute of Science, said in a statement newspapers.

'Our next study is to determine the absorption rate of sunflower seeds of people and animals in this area, then assess exposure, determine the role and the dangerous effects of toxins. aflatoxin in diets'.

The researchers analyzed aflatoxin content in seeds in seven Tanzania regions in 2014 and 2015, detecting nearly 60% of aflatoxin-contaminated seeds and 80% of samples.

Felicia Wu, Professor of Human Food and Nutrition Science, Agricultural, Food and Resource Economics at the MSU Institute said: *"Billions of people worldwide are exposed to aflatoxin in their diets. Abstinence, especially in countries that do not control food will often face this dangerous toxin, and our previous studies with the World Health Organization have mentioned the burden. Severe illnesses around the globe suggest that aflatoxin is one of the chemical pollution toxins that causes the biggest disease burden worldwide "*.

The US Food and Drug Administration said that food with a ratio of 20/1 billion of aflatoxin flow or less is safe for consumers.

This research has just been published in PLOS One.

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