

## عنوان مقاله:

Evaluation of Health Indicators and the Quality of Used Frying Oils in Fast Food Restaurants of Mashhad in ۲۰۱۸

## محل انتشار:

فصلنامه بهداشت محیط و توسعه پایدار، دوره 5، شماره 1 (سال: 1398)

تعداد صفحات اصل مقاله: 13

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## خلاصه مقاله:

Introduction: Recently, changes in people's lifestyles and new eating habits have diminished the importance of main dishes and have led to increasing the consumption of fast foods. Therefore, paying close attention to the health conditions and safety of the food provided in these centers can dramatically reduce the incidence of various diseases. The present study examines the environmental health status and the quality of used frying oils (the most important health assessment indicators of fast food restaurants) in the fast food shops and restaurants of the metropolis of Mashhad in the areas adjacent to the holy shrine which has the highest number of pilgrims and tourists. Materials and Methods: A total number of ۱۲۰ of fast food shops were selected by quota sampling method and were sampled during peak working times. The environmental health status of these centers was evaluated based on food, drink, cosmetics, and health material regulation. Demographic data of personnel, area and antiquity, type, duration and frequency of using oil, the temperature, TPM, and FFA were also measured. Results: According to the results; ۳۲.۵% of the subjects were in hygienic status, and ۶۷.۵% of the subjects were in sanitary status. Palm oil was the most widely used oil type. TPM and FFA indices were in the unfavorable condition in ۴۹ samples (۴۰.۸%) and ۷۵ samples (۶۲.۵%), respectively. There was a significant relationship between temperature, the period of using oil and TPM, and FFA indices. Conclusion: According to the high volume of customers, quality and health assurance of food is of utmost importance. Therefore, the importance of renovating the buildings, training the operators and staff, continuous monitoring, and applying severe legal measures can be the most important corrective actions

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