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A Case Study

Effect of microwaving on different foods and biological systems

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■ **ABSTRACT** : The use of microwave cooking is tremendously increasing day by day as it is convenient, fast and economical. But, various evidences shows that microwaves destroy the nutrients of food, may create carcinogens in food, and unnecessary exposure to radiation can create several health issues. On the other hand, several studies reveal that if the consumer follows safety instructions carefully then microwave cooking may result in food with nutrient quality similar to those cooked by other cooking methods. Food safety is an important health issue, thus, there is a need to deal with the various aspects of microwaving. In this context, this review paper focuses on the effect of microwave cooking on different food items and biological systems.

■ **KEY WORDS**: Microwave cooking, Food safety, Health issue

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