**Abstract**

 Fluoride ion is one of the essential ions needed for our various metabolic processes. It is also quite obvious that excess fluoride ion intake beyond permissible levels has its own ill effects, leading to Fluorosis. Extensive studies have been carried out relating to fluoride toxicity highlighting its alarming concentrations in water resources and application of various defluoridating methods as control measures. The current study aims at analyzing the impact of the fluoride ions in food items and consumable products highlighting the environmental issues. Based on literature survey, samples of vegetables, fruits, dry fruits, fish, wine, tea dust, soft drinks, tooth pastes and mouth rinses of different renowned brands were collected and assessed for the concentrations of fluoride ions. Total Ionic Strength Adjustment Buffer (TISAB) was added to the extracts and digested samples of the consumables and analysed using fluoride ion selective electrode in an ion selective meter. The results revealed inclined fluoride levels in the samples, exceeding the permitted BIS standards, of which tooth paste, purple coloured cabbage, tea dust, soft drinks, canned fish and dry fruits registered increased concentrations of fluoride ions beyond the tolerance limits. The outcome of the present work suggests creation of awareness regarding fluoride ion excess in food products among the consumers and reduces the increased intake of fluoride. ions through these consumables in our daily routine in order to safeguard the wellbeing of health.