Study Shows Essential Oils Can Extend Shelf-Life of Food

Institute of Food Technologists

CHICAGO (Newswise) —A new study in the Journal of Food Science, published by the Institute of Food Technologists (IFT), found that essential oils may be able to be used as food preservatives in packaging to help extend the shelf-life of food products.

Essential oils are aromatic oily liquids extracted from different parts of plants (roots, peels, leaves, seeds, fruits, barks) and have been shown to be a good source of antioxidative and antimicrobial properties. Essential oils act as antioxidants in several different ways, such as free radical scavengers, termination of peroxides, prevent lipid oxidation (spoiling), and more.

Essential oil incorporation into packaging may improve water vapor barrier properties of protein-based films, increase the strength of the film and resistance to stretching, decrease transparency, and help prevent food spoilage by interacting with the films other properties.

View the abstract in Journal of Food Science here [1].

About IFT
This year marks the 75th anniversary of the Institute of Food Technologists. Since its founding in 1939, IFT has been committed to advancing the science of food, both today and tomorrow. Our non-profit scientific society—more than 18,000 members from more than 100 countries—brings together food scientists, technologists and related professionals from academia, government and industry. For more information, please visit ift.org [2].

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