

# Essential oils may provide good source of food preservation

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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.

**More information:** Tongnuanchan, P. and Benjakul, S. (2014), "Essential Oils: Extraction, Bioactivities, and Their Uses for Food Preservation." *Journal of Food Science*, 79: R1231–R1249. [DOI: 10.1111/1750-3841.12492](#)

Provided by Institute of Food Technologists

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