

Natural antioxidants show promise for use in preservation of meat and meat products

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Antioxidants are often added to fresh and processed meat and meat products to prevent lipid oxidation (decomposition), stop the development of off-flavors, and improve color stability.

Comprehensive Reviews in Food Science and Food Safety here: onlinelibrary.wiley.com/doi/10.1002/crfs.12156/abstract

Recently food manufacturers have moved towards using natural antioxidants such as plant extracts, herbs, spices and essential oils, instead of synthetic ones in order to meet consumer demand for more natural products. In a new review article in Comprehensive Reviews in Food Science and Food Safety, published by the Institute of Food Technologists (IFT), authors from authors from Punjab Agricultural University in India looked at numerous studies to identify 27 natural ingredients that can be used as antioxidants in meat and [meat products](#).

Provided by Institute of Food Technologists

Following is a chart that shows 10 of the more well-known [natural ingredients](#) and the type of meat they can be used to preserve.

Natural Ingredient	Meat/Meat Products
Mustard Leaf Kimchi Extract	Refrigerated Raw Ground Pork Meat
Oregano Essential Oils	Raw and Cooked Cow Meat
Sage Essential Oils	Raw and Cooked Cow Meat
Curry	Raw and Cooked Cow Meat
Carrot Juice	Irradiated Beef Sausage
Pomegranate Juice Extract	Cooked Chicken Patties
Kimichi Extracts	Cooked Ground Pork
Grape Antioxidant Fiber	Raw and Cooked Chicken Burger
Green Tea Extract	Dry Spicy Sausage
Oregano Extract	Irradiated Beef Burgers

See the complete chart and read the article in

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