

Marine Omega-3 in Food Applications

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The history of fish oil is quite interesting and the uses for fish oil have changed from a technical, low price ingredients to an important nutraceutical ingredient with a lot of scientific evidence and proven qualities.

This year it is expected in the US that marine omega-3 will become one of the most important ingredients in 2007.

The interest in Europe has also increased very much recently

Many food companies has during the years tried to add different types of fish oils to their food products, but the final enriched product has failed in one way or another.

Therefore there are still some resistance to work with marine omega-3's in the food industry.

It is absolutely possible to enrich nearly all food products. The key for successful application of marine omega-3 into foods is:

Avoid oxidation at all steps.

Working with marine omega-3's internationally during more than 15 years has gain a lot of knowledge fulfilling this simple statement.

Fresh raw material is a must, practical understanding of lipid oxidation, antioxidants and other lipid disciplines are a must besides technology knowledge.

Measurement of oxidative resistance by using equipments like the Oxidograph and the Oxipress are also important. Like the understanding of using the term: "positive fats".

The lecture will be practical orientated and go through what is needed to formulate an enriched food product with marine omega-3's that can have almost the same shelf-life as a similar non-enriched product.

In this way the lecture will try to make a complicated story: Simple and understandable