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Antioxidants: Reviewing the chemistry, food applications, legislation and role as preservatives

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Abstract

Food antioxidants play a critical role in the food industry, and have become one of the most widespread methods of conserving food. Their cheapness and ease of use have made them a part of virtually all foodstuffs. Although different, all groups of food antioxidants have a same common objective, to conserve food for the longest possible time without altering it, conferring taste or color. Consumer trends have shifted the industry to find natural antioxidants for conservation, and although synthetic additives have been the mainstream, their natural counterparts have been gaining interest. This review focuses of the different antioxidant groups, describing their properties, function and applicability, as well as indexing the relevant legislation.

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