

Contents

Preface to the Second Edition, ix

Preface to the First Edition, xi

Section 1 Introduction to shelf life of foods – Frequently asked questions, 1

- 1.1 What is shelf life?, 1
- 1.2 Why are food safety and shelf life related?, 2
- 1.3 Who should be interested in shelf life of foods?, 5
- 1.4 Who is responsible for determining shelf life?, 6
- 1.5 Is it illegal to give a wrong shelf life to a food product?, 7
- 1.6 How long a shelf life should my product have?, 10
- 1.7 What is accelerated shelf life testing?, 12
- 1.8 What are the resources required for determining shelf life?, 15
- 1.9 How is the end of shelf life normally decided?, 16
- 1.10 How do we ensure that the shelf lives established for our products are accurate and reproducible?, 17
- 1.11 Can mathematical/computer models help in shelf life determinations?, 20
- 1.12 What is challenge testing?, 30
- 1.13 Can the shelf life of my product be extended?, 31
- 1.14 How are storage tests and trials set up for determining shelf life?, 36
 - 1.14.1 Objective of the storage trial, 36
 - 1.14.2 Storage conditions, 36
 - 1.14.3 Samples for storage trials, 37
 - 1.14.4 Sampling schedule, 38
 - 1.14.5 Shelf life tests, 38
- 1.15 Food waste and shelf life: What is the problem?, 39
- 1.16 Summary, 40

Section 2 The ways food deteriorates and spoils, 41

- 2.1 Mechanisms of food deterioration and spoilage, 41
 - 2.1.1 Physical changes and mechanisms, 41
 - 2.1.2 Chemical and/or biochemical changes, 46
 - 2.1.3 Light-induced changes, 57
 - 2.1.4 Microbiological changes, 58
- 2.2 Factors influencing the shelf life of foods, 62
 - 2.2.1 Intrinsic factors, 62
 - 2.2.2 Extrinsic factors, 71

- 2.2.3 Interaction between intrinsic and extrinsic factors, 76
- 2.2.4 Consumer handling and use, 76
- 2.2.5 Commercial considerations, 77

2.3 Summary, 77

Section 3 Determining shelf life in practice, 79

3.1 Case study 1 – chilled recipe dish, 79

- 3.1.1 The product, 79
- 3.1.2 The process, 79
- 3.1.3 Food safety, 80
- 3.1.4 Mechanism(s) of shelf life deterioration, 81
- 3.1.5 Shelf life determination – storage trials, 81
- 3.1.6 Predicting shelf life, 82
- 3.1.7 Assurance of assigned shelf life – the HACCP approach, 82

3.2 Case study 2 – savoury potato snack, 83

- 3.2.1 The product, 83
- 3.2.2 The process, 83
- 3.2.3 Food safety, 83
- 3.2.4 Mechanism(s) of shelf life deterioration, 84
- 3.2.5 Shelf life determination – storage trials, 85
- 3.2.6 Assurance of assigned shelf life – the HACCP approach, 86

3.3 Case study 3 – carbonated soft drink, 86

- 3.3.1 The product, 86
- 3.3.2 The process, 87
- 3.3.3 Food safety, 88
- 3.3.4 Mechanism(s) of shelf life determination, 88
- 3.3.5 Shelf life determination – storage trials, 88
- 3.3.6 Assurance of assigned shelf life – the HACCP approach, 89

3.4 Case study 4 – condiment sauce, 91

- 3.4.1 The product, 91
- 3.4.2 The process, 91
- 3.4.3 Food safety, 91
- 3.4.4 Mechanism(s) of shelf life deterioration, 91
- 3.4.5 Shelf life determination – storage trials, 93
- 3.4.6 Assurance of assigned shelf life – the HACCP approach, 94

3.5 Case study 5 – frozen baked cake, 95

- 3.5.1 The product, 95
- 3.5.2 The process, 95
- 3.5.3 Food safety, 95
- 3.5.4 Mechanisms(s) of shelf life deterioration, 95
- 3.5.5 Shelf life determination – storage trials, 96
- 3.5.6 Assurance of assigned shelf life – the HACCP approach, 97

3.6 Summary, 98

Epilogue, 101

Appendix A: The Arrhenius model, 109

Appendix B: The CIMSCEE formulae for microbiological safety and stability, 111

References, 115

Index, 131