

## [Natural preservative from olives keeps fish fresh](#)

By Stephen Daniells,

*Hydroxytyrosol, a natural polyphenol from olives, may extend the shelf-life of fish products to the same extent as synthetic preservatives, suggests new research.*

Fish is notoriously difficult to incorporate into formulations since the oil is highly susceptible to oxidation. The result is a fishy taste and smell which can be off-putting for consumers.



However the nutritional properties of fish oil have been much in the spotlight in recent years, especially omega-3, of which fish is recognized as the best source. In order to help people consume omega-3 in their diet - and especially those who have an aversion to fish - formulators have sought to overcome the stability issues and deliver food products that are untainted by sensory issues.

Hydroxytyrosol, thought to be the main antioxidant compound in olives, and may be a possible solution to this problem, after the oxidative stability of bulk fish oil, oil-in-water emulsions, and frozen minced fish muscle, suggests new findings published in the Journal of Agricultural and Food Chemistry.

“The results of the present work emphasize the efficiency and versatility of hydroxytyrosol to stabilize foodstuffs rich in functional omega-3 PUFAs,” wrote lead author Manuel Pazos from Spain’s Instituto de Investigaciones Marinas (CSIC).

“Hydroxytyrosol demonstrated an antioxidant capacity similar to that of synthetic propyl gallate in oil-in-water emulsions and frozen fish muscle.”

[\[Source\] Click here to continue](#)