

Food scientists fortify goat cheese with fish oil to deliver healthy omega-3 fatty acids

February 16 2012

Fish oil is an underused ingredient in the food industry because of its association with a strong odor and aftertaste. A new study in the February issue of the *Journal of Food Science*, published by the Institute of Food Technologists, shows that fish oil can be added to goat cheese to deliver high levels of heart-healthy omega-3 fatty acids without compromising taste or shelf-life.

Fish oil delivers higher levels and more balanced proportions of omega-3 fatty acids compared to other sources such as flax and algal oil. Unfortunately, [fish oil](#) oxidizes more quickly making food fortification a challenge.

Dairy has been shown to be a good matrix for fish oil fortification because it is commonly consumed and has unique properties that seem to protect fish oil. Soft goat cheese has lower fat than other cheeses making it appealing for those looking for healthy flavorful [food choices](#).

Further research is ongoing by the University of Maine food scientists who conducted this study to assess the stability and consumer acceptance of fish oil fortified baked snack products, as well as to explore uses for naturally flavored fish oil from fishery by-products.

Provided by Institute of Food Science & Technology

Citation: Food scientists fortify goat cheese with fish oil to deliver healthy omega-3 fatty acids

(2012, February 16) retrieved 2 May 2024 from <https://medicalxpress.com/news/2012-02-food-scientists-fortify-goat-cheese.html>

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