

# USE IN FOOD OF SEA BUCKTHORN

Science and Technology of Food

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## OBJECTIVES

- ❖ Identify the components and beneficial properties of interest in food industry of sea buckthorn, showing that it could be a good resource to satisfy current demands in this area.
- ❖ Describe the origins, characteristics and components.
- ❖ Explain information about its using in other industries.
- ❖ Reflect that different parts of this shrub can be used in different fields.
- ❖ Incise relevance of antioxidant effect.
- ❖ Make a research of food, that was made with sea buckthorn to show the benefits that this plant can give.

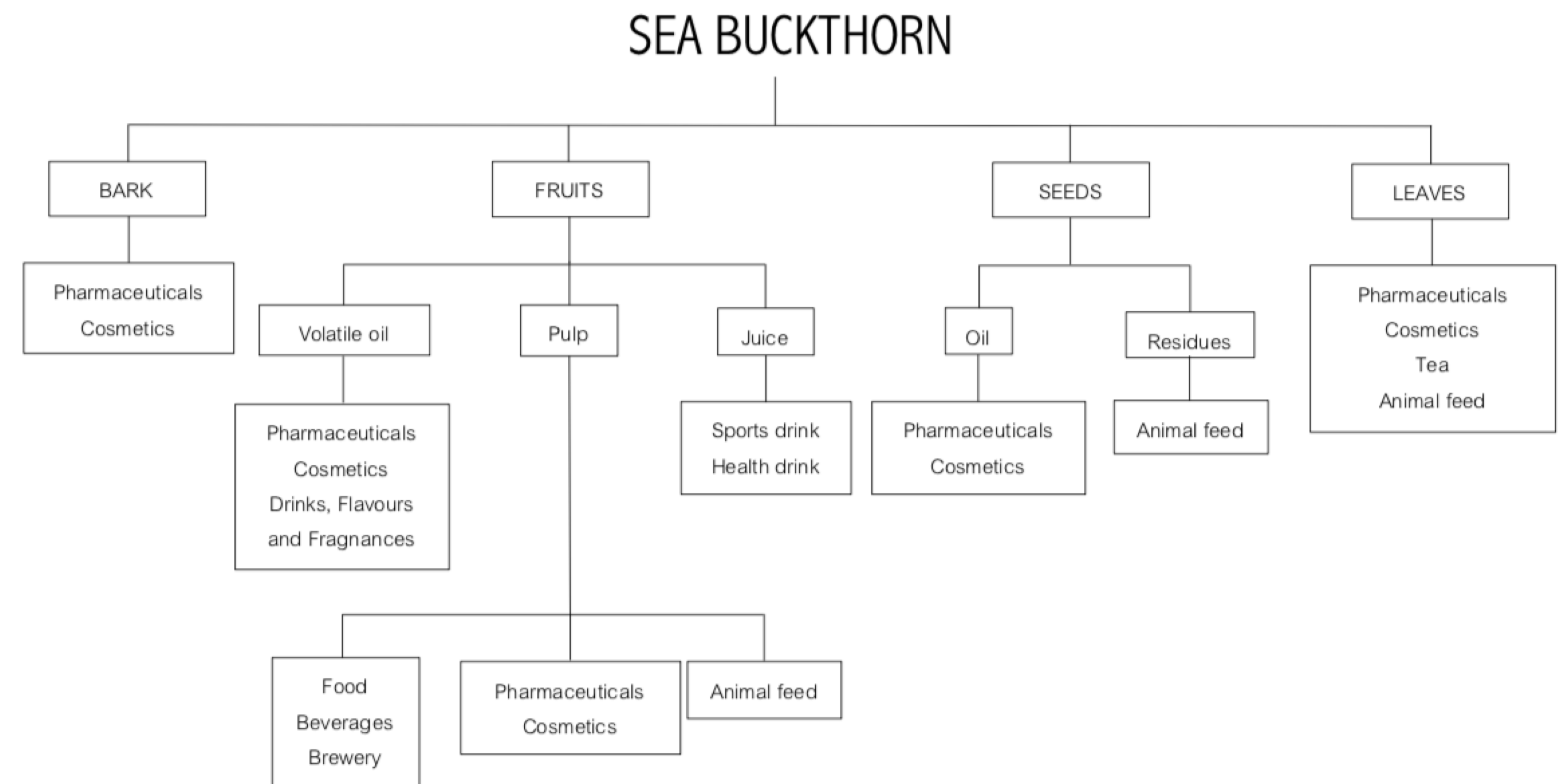


Figure 1. Potential uses of components from different parts of Sea buckthorn [Bawa et al., 2002]

## CONCLUSIONS

- ❖ Sea buckthorn can be used in the composition of different food. And in all of them it provides benefits, so the application in food industry could be very extensive.
- ❖ Vitamin C is the main nutrient because it provides many properties, it is in amounts comparable with acerola and it is very bioavailable.
- ❖ Regarding antioxidant effect, frequent feeding with products made with this shrub may be good help against free radicals. Although more studies should be carried out in order to verify it.
- ❖ Finally, it has been observed that sea buckthorn isn't widely known and its frequent application is in cosmetic and pharmaceutical industry, but its properties could be very useful in food industry where demand for functional and healthy foods is increasing. And there should be more research done to fine alternatives.

## SEA BUCKTHORN IN FOOD INDUSTRY

### Feta cheese

- Works like a biocatalyst.
- Decreases pathogenic microorganisms.
- Improves organoleptic properties.
- It is a source of healthy compounds.

### Yogurt

- Ameliorates antioxidant ability.
- Enhances probiotic counts.

### Gingerbread and sponge cake

- Causes good impact on technologic, structural, mechanic, physicochemical and microbial properties.
- Ameliorates antioxidant ability.
- Its organoleptic properties are not accepted.

### Juice

- It is a source of vitamin C.
- Provides acid flavour.

### Beer

- Ameliorates antioxidant ability.
- Increases bioactive substances and volatile compounds.