OBJECTIVES
- Know the essential oils that are currently used in the food industry.
- Analyze the advantages and disadvantages.
- Know their applications of direct use in food and packaging.
- How they affect the organoleptic properties of food.

USE AS ANTIMICROBIAL
- Mechanism of action not completely clear
- Phenolic compounds

USE AS ANTIOXIDANT
Phenolic compounds

ENCAPSULATION OF ESSENTIAL OILS
- Protects the essential oils
- Improves their antimicrobial properties
- Increase the bioavailability
- Allows a slow release
- Reduces the organoleptic disturbances

CONCLUSIONS
- Essential oils have great potential to be applied, while no organoleptic changes occur in foods.
- More studies are needed, since their mechanism of action has not been fully understood.
- It is more likely that they can be applied in packaging that do not directly in the food, by nano encapsulating.
- Is a viable alternative as a food additive, but requires more studies and legal regulations to ensure its safety.