

2.3 Nanostructured Food Ingredients

Nanofood ingredients such as carbohydrates, proteins, and lipids, nano-engineered for better technological and functional food properties, have been found to increase water-holding capacity, thickening, gelling, and foaming ability, hence enhancing food quality.

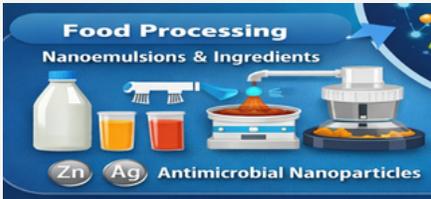
Nanocellulose, to illustrate, is increasingly being recognized as a natural-based stabilizing agent and texture modifier because of its high strength, biocompatibility, and ability to create strong gel-like networks. Protein nanoparticles are also texture modifiers, stabilizers, and carriers of various bioactives. These nano-based ingredients can help create better products while replacing synthetic additives.



2.4 Antimicrobial Nanomaterials in Processing

Antimicrobial nanomaterials have a significant role in enhancing food safety during processing by preventing the growth of pathogenic and spoilage microorganisms. Antimicrobial nanoparticles, such as silver, zinc oxide, and titanium dioxide, have shown strong antimicrobial properties due to their high surface area and mechanisms of disrupting microbial cell membranes, producing reactive oxygen species, or inhibiting cellular metabolism.

Antimicrobial nanoparticles are being used on a large scale in the form of coatings on food processing equipment, conveyor belts, storage containers, and food contact surfaces to prevent microbial contamination and biofilm formation. The use of antimicrobial nanomaterials can help in preventing cross-contamination, increasing the shelf life of products, and improving hygiene levels in food processing facilities, thereby making food production systems safer and more efficient.



3. Nanotechnology in Food Packaging

Normally, food packaging comprises more than just a cover. It ensures the quality, security, and shelf life of the products until they reach the consumer's table. Commonly used packaging has been found to lack sufficient strength against oxygen, moisture, light, and microorganisms. Therefore, nanotechnology has introduced a new generation of products with advanced knowledge of the strength of the product until the user receives it. These nanotechnology products include four types of nanotechnology-based food packaging: nanocomposites, active packaging, intelligent packaging, and edible coatings.

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INTRODUCTION

Safety, quality maintenance, longer shelf life, and environmental sustainability take center stage in the current food system. The increased rate of growth in cities, the emergence of globalized food systems, and the food industry's growing demand for minimally processed and functional foods have placed additional pressure on traditional food processing and packaging systems. Conventional food processing and packaging technologies have been inadequate in preserving nutrient-sensitive materials, controlling microbiological contaminants, and quality maintenance during longer storage periods. "Nanotechnology is a technology of the future that can tackle the above problems in the food system by controlling the components of food products at the molecular and even atomic levels."

Materials or structures that are smaller than 100 nanometers in size are being addressed by nanotechnology, which offers special benefits due to its small size, having larger surface areas and reactivity, meaning performance. In the food arena, nanotechnology covers the spectrum of food formulations, nutrient delivery systems, antimicrobial processing aids, or active packaging. These recent developments in food grade nanotechnology have brought fresh opportunities to improve food quality, safety, nutritional, and sustainability benefits, while also achieving significant improvements in food processing efficiencies that satisfy consumers.



2. Nanotechnology in Food Processing

2.1 Nanocapsulation of Nutrients and Bioactive Compounds

One of the important applications of nanotechnology, as it pertains to foodstuffs, is that of nanocapsulation, where nutrients and bioactive compounds are held securely inside much smaller vehicles, be they liposomes, polymeric nanoparticles, nanoemulsions, or even nanofibers, thereby providing more stability, solubility, and bioavailability for foodstuffs, protecting them from things like heat, light, oxygen, and pH extremes.

This technique is commonly utilized for fat-soluble vitamins such as vitamins A, D, and E, due to the properties that they tend to become oxidized and have restricted biological availability in the body. It can also be utilized to add omega-3 fatty acids to food products without the introduction of unpleasant flavors and rancid odors.

Nanocapsulation may also assist in the enhancement of probiotics to improve their survival in the gastrointestinal tract.

2.2 Nanoemulsions

Nanoemulsions are a mixture of an oil-in-water or a water-in-oil emulsion where the particle sizes are usually less than 100 nanometers. Their very small particle sizes provide higher physical stability, transparency, as well as increased ability to interact with the body compared to conventional emulsions. The advantage of using nanoemulsions in food processing is that they enrich the texture and mouthfeel, enhance the efficiency of flavorful release, and extend the shelf life. Additionally, they allow for the reduction of fat content without a reduction in texture. This is the advantage of using nanoemulsions in producing low-fat foods. The products that will be produced include drinks, sauces, nutraceuticals, and a variety of products.

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कोटा, राजस्थान



Application of nanotechnology in food processing and packaging

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3.1 Nanocomposite Packaging

Nanocomposites combine small fillers with mundane polymers like polyethylene, polypropylene, and biodegradable materials. The nanofillers increase several significant properties because of their huge surface area and strong interaction with the polymer. These composites seal gases and moisture, limiting entry of oxygen and transmission of water vapor, thus reducing oxidation reactions and microbial activities that can occur inside the food product. Moreover, they enhance mechanics, especially flexibility, thus increasing package robustness, reducing tearing, and puncturing, while improving thermal properties, especially for tougher processing routes. Examples of nano-reinforcement include nanoclays, particularly for thermal, mechanical, and barrier protection; CNTs, especially for increasing package robustness and even electrical conduction; and nanocellulose, especially for being sustainable and environmentally friendly. There are many benefits of nanocomposites, especially when it comes to extending food product shelf life, as they further enhance sustainability.

3.2 Active Packaging Systems

Active packaging takes a step further in comparison to shielding, as it reacts to the food product or its surroundings. Using functional nanomaterials, active packaging can limit the growth of microbes, control oxidation, and adjust the gaseous environment.

Antimicrobial films containing nanoparticles of Ag or ZnO or using nanocarriers of essential oils effectively control foodborne pathogens as well as spoilage microorganisms. Nanomaterials that scavenge oxygen remove any remaining oxygen, thus reducing fat, pigments, and vitamin degradation. Ethylene-absorbing nanoparticles, popularly used for fruits and vegetables, help control or reduce the rate of ripening and spoilage.

3.3 Smart and Intelligent Packaging

Smart packaging technology incorporates nanotechnology to keep an eye on the quality and safety of food products from the point of production to the time of consumption. It combines nanosensors, indicators, and information-sharing elements to give real-time information on the state of food products.

Nanosensors can identify pathogens, toxins, or spoilage indicators even at trace quantities. Freshness indicators using nanomaterials can respond to chemical changes in food, for example, a change in pH or the production of gases, causing the indicators to change their color or fluorescence properties. The time-temperature indicators detect the storage time and duration of perishable food. This helps companies in quality management and minimizes foodborne disease risk. It thus promotes transparency, trust, and consumer awareness about food.

3.4 Edible Nano-Coatings

Edible nano-coatings are thin layers of safe and consumable materials that are applied to the surface of foods like fruits, vegetables, meats, and cheese. The coatings are usually composed of bio-polymers such as polysaccharides, proteins, or lipids but may contain nano-constituents.

Using these coatings allows for the reduction of moisture loss along with curbing gas exchange; this leads to slower dehydration reactions and the oxidation process. Nano-coatings containing antimicrobial and antioxidant nanoparticles help curb decay and fat oxidation. Because of this, nano-coatings greatly enhance the freshness of perishable foods without affecting their taste, texture, and nutrient content. Nano-coatings are also advantageous because they are environment-friendly and safe in keeping with today's Global Sustainability Initiative for green and biodegradable food packaging materials.

4. Benefits of Nanotechnology in Food Systems

Nanotechnology offers a lot of advantages at various levels of the food chain, from processing to the final consumption of the packaged food. The most promising advantage of nanotechnology is the increased bioavailability of nutrients, as nanocapsulation and nano-emulsion technology increase the ability of the body to perceive vitamins, minerals, antioxidants, etc.

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It also improves food safety and hygiene. Antimicrobial nanoparticles and nanosensors will help in monitoring the presence of pathogens, toxic substances, and other indicators of food spoilage at extremely low concentrations.

Shelf life is also another major advantage. Moreover, nano-enabled packaging with good barrier properties protects food products from oxygen, moisture, light, and microbes, which reduces spoilage. Active and intelligent packaging also aid in the maintenance of food quality.

Packaging also exhibits enhanced performance by virtue of the increased robustness, flexibility, thermal stability, and biodegradability. Hence, nano-packaging is seen as a more attractive option. Further, functionalized and customized foods can also be facilitated by nanotechnology based on the targeted delivery of nutrients according to the health requirements of individuals.

5. Health, Safety, and Regulatory Concerns

Despite these benefits, using nanotechnology in food is a health and safety issue that must be considered. The initial and main issue with nanotechnology is that it could be toxic because of the small size of the particle that is engaged with the biological system, and one is concerned that there might be a buildup in an organ.

Another aspect that also requires major concern is the migration of nanoparticles in food packaging into foodstuffs, especially at high temperatures, under acidic environments, or when the food is stored over time. The effects of chronic exposure to food-grade nanoparticles on human health are still unclear and need deep scientific investigation.

Environmental impact is also on the radar. The particles that are dropped into the water or soil can affect biodiversity. Therefore, thorough risk assessment and testing need to be followed by appropriate regulatory practices to ensure that nanoparticle use does not prove to be hazardous when used in food processing or packaging. The right regulations need to be put in place regarding safety assessment, labeling, and nanoparticle concentration.

6. Limitations and Challenges

Broad-scale use of nanotechnology in the food sector is not that easy. In particular, high costs to get up and running, as well as the high costs of ongoing operations, are a significant barrier to entry for smaller players like SMEs. Indeed, the needed equipment, special materials, and proficient labor drive up the overall cost.

People's awareness and acceptance are also not up to the mark. Food safety apprehensions, "nano" labeling, and perceived risks engender skepticism among shoppers. In return, what is highly required is clear, open communication and public education for building trust.

There is also a need for transparent and harmonized labeling and regulatory policies across national and international levels. From a technical perspective, challenges pertaining to the uniform dispersion of nanoparticles, the stability of processing, and scaling up nano-based systems for mass production remain key limiters to commercialization.

Future Prospects

The outlook for nanotechnology in the field of food processing and packaging appears to be auspicious. The focus is increasingly shifting towards the development of more biodegradable and environmentally friendly nano-packaging that minimizes the effects of environment degradation without compromising efficiency. Precision nutrition powered by nanotechnology shall revolutionize the regulation of diet and nutritional intake of human beings. It will allow for the formulation of personalized foods according to genetic, metabolic, and lifestyle predispositions.

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However, as nanotech connects with AI and IoT food systems, there is real-time monitoring, better quality predictions, and an efficient and transparent food chain. And by pressing safer nanomaterials through greener technologies while coming from natural materials, safety concerns can be alleviated while propelling sustainable innovation in nanotech.

CONCLUSION

Nanotechnology has immense potential to revolutionize food processing and packaging because it can significantly improve food quality, food safety, food storage, and food functionality. However, there are some issues with food safety, regulation, and consumer acceptance, as well as costs, which can bring challenges when considering the integration of food nanotechnology, but it can potentially become very important in developing sustainable, efficient, and sustainable food systems that will provide for the increasing food demands of the world's population.

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