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Storage of Different Food Components Under Varied Temperature Conditions

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Commentary

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ABOUT THE STUDY

Food storage should strictly follow guidelines established by reputable sources such as the United States Department of Agriculture. Scientists conducted extensive research to determine the best methods for reducing the real threat of food poisoning from improper food storage. Maintaining proper kitchen hygiene is also important to reduce the risk of bacteria or virus growth and food poisoning. Listeriotic, Mycotoxicosis, Salmonellosis, *E. coli*, Staphylococcal food poisoning, and Botulism are some of the most common food poisoning illnesses. Many other organisms can cause food poisoning as well.

Freezing food

To keep food fresh for an extended period of time, keep the temperature below -18°C. To keep food safe, careful thawing and cooking immediately after thawing are required. Food frozen at -18°C or lower can be kept almost indefinitely. Despite the fact that the food's quality is likely to deteriorate over time. The Food Safety and Inspection Service of the United States Department of Agriculture publish a chart outlining the recommended freezer storage time for common foods.

Refrigeration

Food storage in refrigerators may not be safe unless temperature guidelines are strictly followed. In general, the temperature should be kept at 4°C, but never lower than 1°C. Safe storage times vary depending on the food and how it was treated prior to being placed in the refrigerator.

Storing oils and fats

When oils and fats are not stored properly, they can quickly become rancid. Rancid cooking oils and fats rarely smell rancid until they have spoiled. Cooking oils become rancid as a result of oxygen, light, and heat. The higher the polyunsaturated fat content of an oil, the faster it spoils. Polyunsaturated fat percentages in some common cooking oils are as follows: safflower (74%), sunflower (66%), corn (60%), soybean (37%), peanut (32%), canola (29%), olive (8%), and coconut (5%). Oils should be stored in a dark place, in oxygen-safe, light-reducing containers, to help prevent acidification. Oils should be refrigerated after opening and used within a few weeks, as some types begin to go rancid. Unopened oils can be stored for up to a year, but some have a shorter shelf life even when unopened.

Vegetables

The guidelines for safe vegetable storage in dry conditions vary. This is due to the fact that different vegetables have different properties. For example, tomatoes contain a lot of water, whereas root vegetables like carrots and potatoes contain less. These and other factors influence how long a vegetable can be kept in dry storage as well as the temperature required to keep it useful.

Meat

Unpreserved meat has a relatively short storage life. Perishable meats should be refrigerated, frozen, dried, or cured as soon as possible. Fresh meat storage is a complex discipline that affects costs, storage life, and eating quality, and the appropriate techniques vary depending on the type of meat and the specific requirements. Dry ageing techniques, for example, are sometimes used to tenderize gourmet meats by hanging them in carefully controlled environments for up to 21 days, and game animals of various types may be hung after shooting. Details are determined by personal preferences and regional traditions. Modern meat storage techniques vary depending on the type of meat and special requirements for tenderness, flavor, hygiene, and economy.