

Maintaining the Quality of Unsaturated Oils in Food Service Frying Processes

Delivering Taste and Health

Minimizing oil oxidation during frying is a key factor for serving great-tasting, healthful alternatives to saturated fats and partially hydrogenated oils.



The heat of frying causes thermal oxidation, which is a complex chain of chemical reactions that degrade the quality of oil. Minimizing this degradation is important to deliver the best possible taste *and* avoid future claims that oxidized oils are affecting public health.



Oxidation can

1. alter flavor,
2. generate undesirable end products such as aldehydes, and
3. deplete nutrients such as vitamin E.



Quality control practices that manage oxidation enable you to serve customers foods prepared with unsaturated healthier alternatives to saturated fats.

Partner with your oil supplier and quality team to minimize oil oxidation to deliver taste and health.



In addition, to curb oxidation and protect the quality of your oil, pay attention to...

1. The type of oil/oil formula,
2. The type, shape, and size of food,
3. Frying time because long frying times and reheats increase oxidation,
4. Heat because high frying temperatures accelerate oxidation,
5. Replenishment of fresh oil,
6. Fryer size and maintenance, including calibration of temperature controllers, and
7. Oil storage conditions.

