Natural Food Preservation
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Food Preparation

- Prior to preservation, you need to ensure your food is clean.
- Soak fruits and vegetables in salt, vinegar, and lemon juice for 20 minutes.
- Rub your meat with salt and lemon juice
Chemical vs. Natural Preservation

- Health hazards vs. Health benefits
- Most chemical additives cause cancer, lead to Alzheimer’s, Parkinson’s and many diseases related to mental health, including A.D.D.
- Natural Preservation promotes a healthier lifestyle, mentally and physically
Types of Chemical Preservation (things to stay away from):

- Benzoates
- Nitrates
- Sulfites
- Sorbic Acid
- and many, many more...
Types of Natural Food Preservation

- Drying
- Freezing
- Vacuum Packing
- Canning
Drying

● Reduces water concentration to prevent bacterial growth
● Drying is one of the most ancient food preservation techniques
• Drying is best for fruits and vegetables.
• It’s the fastest, easiest way to preserve food without any extra cost.
• Least space occupying.
• My favorite way to keep food
• Can be dehydrated, kept in the sun, or dried in the oven
Freezing

- One of the most commonly used practices
- Cold stores provide long-term storage for foods
- Freezing makes water less available for bacterial growth
● You can freeze pretty much anything
● Most space consuming method
● Depending on the material, frozen foods can stay good for six months to a year, versus staying good for a few days to weeks outside of the freezer.
● Vacuum packing THEN freezing would extend the life of frozen foods.
Vacuum Packing

- Strips bacteria of the oxygen needed for survival
- Most commonly used for storing nuts to reduce loss of flavor
You can vacuum pack just about anything, then you can store them in cabinets or freezer, depending on the type of food.

If you dehydrate your food THEN vacuum pack it, it can stay fresh for a long, long time.
Canning

- Canning involves cooking food, sealing it in sterile cans or jars, and boiling the containers to kill or weaken any remaining bacteria as a form of sterilization.
Preservatives are used to protect your food from microbes that might contaminate it or cause it to rot. Foods that have a long shelf life often contain preservatives. Preservatives protect you from food poisoning and keep your food looking and tasting fresh. But many preservatives used today are chemical in origin and might have dangerous side effects. Here are some healthy, safe food preservatives to look for.

- Salt
- Rosemary Extract
- Sugar
- Vinegar
- Natural Sorbic Acid