

## **Edible films: the packages of the future?**

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Nowadays, there is a concern about the methods used for food preservation. One of the most important is that the food industry has been using additives to extend the shelf life of products, which at times, does not turn out to be quite safe, because of the assumption that most of them have health risk associated with cancer, asthma, cardiovascular diseases, allergies, etc. So, their use is justified for the simple fact of reducing costs as a result of lack of awareness of the producer. In addition, the amount of food waste has increased annually, exacerbating the situation and therefore, increasing the concern of finding the best way to preserve food without changing its physical and nutritional properties at the lowest price.

The use of edible films in the food industry has evolved. Today, the impact they generate, as a means of conservation, is great, because they are composed of polymers, with specific characteristics, of natural origin. They can be polysaccharides, animal and vegetable proteins and lipids, which, when added to food reduce the loss of moisture, also they act as a barrier for CO<sub>2</sub> and O<sub>2</sub> movement through the food product, and improve their mechanical, physical and nutritional properties of food. On the other hand, they serve as active vehicles for bacteriocins, probiotics, antioxidants and nutrients, each of them having specific benefits in the proper functioning of the organism, optimizing the product for human consumption. This is why the present review article has as main objective to highlight the importance of edible films made from natural sources and their application as vehicles of various bioactive compounds, thus being one of the best sustainable alternatives for the conservation and commercialization of processed foods.

**Keywords:** Edible films; food preservation; bioactive compounds; additives; nutritional properties

### **References**

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