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Changes in Oxidative Stability of Selected Bakery Products during Shelf Life

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In this research, selected bakery products that contain high amount of fat (>10%) were stored under ambient conditions until the end of shelf life. Changes in oxidative stability and fatty acid composition of the samples including biscuits, crackers, wafer and fruit cake were determined with three months of interval. Free fatty acidity, peroxide value, and Rancimat induction times changed significantly ($p < 0.05$) in all samples. However, acidity and peroxide values remained under the maximum limits allowed by standarts. Total fat contents ranged from 13.3% (petit beurre) to 27.1% (wafer), and the major fatty acids in the samples were palmitic, stearic, oleic, *trans* oleic, and linoleic acids. Changes in unsaturated fatty acids which majorly affects the lipid oxidation were insignificant ($p > 0.05$), and according to the obtained results all samples maintained their oxidative stability throughout shelf life.

Keywords: bakery foods, oxidatif stability, shelf life, fatty acids

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