

果蔬涂膜保鲜包装材料及技术应用研究进展

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摘要: **目的** 综述涂膜包装材料与技术在果蔬保鲜包装领域的应用研究进展。**方法** 通过对国内外研究现状和研究成果的分析和总结, 介绍果蔬涂膜保鲜包装的技术与方法, 概括常用涂膜剂的应用研究进展。**结果** 涂膜保鲜包装技术可抑制果蔬水分蒸发、微生物侵入以及呼吸作用, 减少萎蔫、腐败变质及营养损耗, 从而延长果蔬的货架期。涂膜保鲜包装材料具有原材料来源广泛、操作简便、环保等优点, 在果蔬产品包装中得到了广泛的应用。**结论** 介绍了获得综合性能较好的涂膜中包装材料原料的最佳配比, 使果蔬在保证质量的前提下达到最长的保存期。

关键词: 涂膜; 果蔬保鲜; 包装材料; 研究进展

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Application Research Progress of Fresh-keeping Packaging Material and Technology of Fruit and Vegetable Film

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ABSTRACT: The work aims to review the research progress of application of film packaging materials and technology in the fresh-keeping packaging of fruit and vegetables. By means of analysis and summary of the research status and achievements at home and abroad, the film packaging technology and methods of fruit and vegetables were introduced. The research progress of application of commonly used plastics was summarized. The proposed technology could inhibit water evaporation of fruit and vegetables, microorganism invasion and respiration, and reduce withering, spoilage and nutrition loss, thus prolonging the shelf life of fruit and vegetables. Because of the advantages, such as extensive sources, simple operation and environmental friendliness, etc., the film packaging material had been widely applied in fruit and vegetable packaging. The best proportion of raw materials for packaging in the film with better comprehensive properties have been introduced, which makes the fruits and vegetables achieve the longest shelf life on the premise of ensuring the quality.

KEY WORDS: film; preservation of fruits and vegetable; packaging materials; research progress

果蔬是食品中重要的一部分, 其富含的维生素、矿物质等营养物质是人体营养成分的主要来源, 是人们生活的必需品。由于果蔬具有良好的生物活性, 采摘后易受环境因素及自身作用的影响导致腐烂变质。一般来说, 果蔬的保存期较短, 据统计, 全国每年约有 1 亿多吨果蔬腐烂, 直接损失高达 1000 亿元^[1], 这不仅造成了大量浪费, 而且存在着一定食品安全隐患, 所以在维持果蔬生命活动的前提下, 延长其衰老

过程, 在保证果蔬色香味新鲜的前提下, 延长其货架期, 提高果蔬的价值, 已成为相关科研人员的研究内容。为使果蔬达到良好的保鲜目的, 需对空气中的氧气、二氧化碳、水分等易引起腐烂变质的因素进行阻隔。目前市面上常见的阻隔性果蔬包装材料为聚乙烯、聚丙烯及聚酯等普通塑料, 但这些材料难以降解, 使用后作为垃圾会污染环境并浪费土地资源, 另外, 普通塑料包装材料也会涉及到有害物质迁移的问题,

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影响消费者的食用安全,因此,一些可食用且还可起到保鲜作用的涂膜保鲜包装及其涂膜保鲜技术的研究逐渐得到了人们的重视^[2-4]。文中旨在对果蔬涂膜保鲜包装的材料与技术等相关内容进行综述,供相关科研人员参考。

1 涂膜技术与方法

1.1 涂膜技术

涂膜保鲜是将涂膜剂以包裹或喷涂等形式,在食品表面涂布一层很薄、均匀、具有通透和阻隔特性的薄膜,以减少食品表面与空气的接触,降低果蔬的氧化及酶促褐变的速度,减少外界微生物对食品的污染,降低水分传递的速度,减少果蔬失水及吸潮,抑制果蔬的呼吸强度,达到果蔬保鲜的目的^[5]。若在涂膜剂中添加一些防腐剂、抗氧化剂制成复配型被膜剂,还会有抑制或杀灭微生物、抗氧化保鲜等效果。涂膜保鲜包装具有保鲜效果好、能提高商品价值、操作简单及便于实现自动化生产等优点^[6-7]。

1.2 涂膜剂的选择

涂膜剂是指可被覆于食品表面,起到保质、保鲜、上光及防止水分蒸发作用的物质,如虫胶,蜂蜡等。大多数涂膜剂是天然形成的,原料来源广,价格低廉。对应用于食品保鲜的涂膜剂,在选择上有几点需要注意:涂膜剂应易于形成连续、均匀的膜,有良好保质保鲜作用的同时,可提高果蔬的外观水平;涂膜剂应无毒、无异味,与食品接触不会产生有害物质。目前常用的涂膜剂有食用蜡、油脂类、蔗糖酯、单甘酯、壳聚糖、聚乙烯醇、蛋白质沉淀剂等^[8-12]。

1.3 涂膜方法

涂膜方法主要包括浸染法、喷涂法和刷涂法 3 种,其中,浸染法最简单,即将涂膜剂配成适当浓度的溶液,将果实浸入,蘸上一层薄薄的涂膜剂,取出晾干即可;刷涂法则是用刷子蘸上涂膜剂,涂到果实表面的方法;喷涂法是将果实洗净干燥后,喷上一层很薄的涂膜剂。

2 涂膜保鲜包装的种类及应用

2.1 果蜡

果蜡可分为天然蜡和人工蜡。天然蜡食用后进入人体内形成的碳水化合物、脂类、有机酸等都可以被人体消化吸收,如蔗糖蜡^[13-14]。人工蜡则是由高脂肪醇和高脂肪酸合成的一种脂肪类化合物,人工蜡进入人体后不会被吸收,食用过多会对人体排毒和分解的器官造成负担过重,影响健康。果蔬经过打蜡处理后,其风味品质会受到明显影响,能产生引起果实异味的物

质,主要体现在果实内部乙醇和乙醛含量的积累^[15]。

2.2 可食用膜

可食用膜是以天然可食性生物大分子等物质为基材而制备的一种膜,是一种可持续资源,在食品行业中具有重要的地位。按照基材的不同,可食用膜可分为淀粉膜、蛋白质膜、纤维素膜、海藻酸钠膜、甲壳素膜、魔芋可食用膜、复合膜等等。

2.2.1 淀粉膜

淀粉膜以用稀碱溶液改性的淀粉为主基材,添加一定量的甘油作为增塑剂而制成,具有材料来源广泛、价格低廉、性质容易控制等优点,具有十分广阔的应用前景,也是目前研究的热点。苏明慧等以豌豆淀粉为主要基材,甘油-塑化剂 A 复配物为塑化剂,海藻酸钠为增强组分,制备淀粉可食膜,研究表明,淀粉膜的最佳配方为豌豆淀粉 11 g,海藻酸钠 0.4 g,甘油-塑化剂 A 复配物为 2 mL,当封合温度为 150 ℃,封合时间为 2 s 时,豌豆淀粉膜具有相对较好的阻油性和封合强度^[16]。

2.2.2 蛋白质膜

可食性蛋白膜以动物分离蛋白和植物分离蛋白为主要原料,常见的有大豆分离膜蛋白,小麦面筋蛋白膜,乳清蛋白膜,玉米醇溶液蛋白膜等。可食性蛋白膜具有隔油阻气、可生物降解,营养可食等性能,具有较高的研究价值^[17-18]。任红等以凝胶多糖和大豆分离蛋白作为成膜基材,添加甘油作为增塑剂,研制了一种可食性膜,并通过红外光谱,初步探讨了其成膜机理。结果表明,在干燥温度为 50 ℃、大豆分离蛋白质量分数为 2%、凝胶多糖质量分数为 1.2%、甘油质量分数为 1%的条件下,所得膜具有较好的抗拉强度和阻湿性能^[19]。

2.2.3 纤维素膜

纤维素膜是由改性的纤维素加入果胶、脂肪酸、甘油、蛋白质等进行处理而制备的^[20]。HUSSAIN S A 等利用质量分数为 1.0%的羧甲基纤维素(CMC)涂膜和低剂量 γ -辐照来抑制樱桃存储环境中的霉菌生长,从而延长其货架期。成熟期的樱桃采摘后,存放在 (25±2) ℃,相对湿度为 70%的环境中时,能够比没进行此处理樱桃的货架期延长 6 d 以上^[21]。刘建志等以马铃薯废渣为原料制取羧甲基纤维素,将羧甲基纤维素与壳聚糖、纳米 SiO_x 混合制得涂膜剂,对苹果进行涂膜保鲜;通过正交实验优化实验方案,确定富士苹果最佳保鲜处理方案。保鲜效果最佳的复合涂膜剂配方为羧甲基纤维素、壳聚糖、纳米 SiO_x 和丙三醇,质量分数分别为 0.5%, 1.5%, 0.1%, 0.75%。复合涂膜剂有效抑制了苹果的呼吸作用,延缓了果实的衰老,降低了果实的质量损失率,减缓了有机酸的消耗,抑制了果实硬度的下降及病菌对苹果的侵染^[22]。

2.2.4 壳聚糖膜

壳聚糖是甲壳素进行浓碱处理后脱 N-乙酰基的产物^[23-26]。20 世纪 80 年代,美国、加拿大、日本等国家就开始进行壳聚糖及其衍生物等在果蔬保鲜方面的研究。近年来,国内外对壳聚糖及其衍生物在苹果、柑橘、草莓、芒果、黄瓜、青椒及番茄等果蔬的保鲜领域进行了大量研究^[27-30]。TETTEVI 等将 4 组甜玉米分别在蒸馏水,质量分数为 1%的冰醋酸,质量分数为 0.5%及 1%壳聚糖中浸泡后用低密度聚乙烯薄膜包装,在 10℃和 0℃下分别贮藏 18 d 和 30 d,结果显示,与其他组相比,壳聚糖涂膜的甜玉米淀粉含量较低,乙烯产量较少,呼吸强度较弱,菌落总数较少,而糖含量较多,特别是质量分数为 1%的壳聚糖涂膜结合 0℃贮藏的甜玉米效果最好^[31]。洪英用含纳米 ZnO 的壳聚糖复合溶液对苹果进行涂膜保鲜,结果表明,含纳米 ZnO 的壳聚糖复合膜的成膜性、感官品质及腐烂率结果均优于单纯壳聚糖膜,其货架期比单纯壳聚糖膜延长 3 d^[32]。

2.2.5 海藻酸钠膜

海藻酸钠是糖醛酸的多聚物,由 D-甘露糖醛酸和 L-古洛糖以糖苷链连接而成,具有良好的成膜性,可减少果实中活性氧的形成,降低过氧化程度,保持细胞膜的完整性。海藻酸钠膜可阻止果蔬和空气接触,且是保鲜剂的有效载体,可以在果蔬表面细菌大幅度增长之前,将保鲜剂完全释放出来,可以抑制常见腐败微生物,达到延长果蔬货架期的效果^[33]。RAO TVR 等研究了以海藻酸钠为主的可食性涂膜对水果保鲜的影响,涂膜由质量分数为 2%的海藻酸钠,0.2%的橄榄油,1%的抗坏血酸和 1%的柠檬酸组成,涂膜后的水果放在(25±2)℃,相对湿度为 65%的环境中,实验结果表明,涂膜能够有效减少腐烂和质量损失的发生,并可积累总可溶性固体(TSS)和总糖,并能有效增强抗氧化能力。研究中还发现,海藻酸钠涂膜能够延缓聚半乳糖醛酸酶(PG)、果胶裂解酶(PL)和果胶甲基酯酶(PME)的活性,这些发现表明,海藻酸钠涂膜可延长水果贮存寿命并保证其营养价值^[34]。

2.2.6 魔芋可食用膜

魔芋甘露糖酐具有无色、无毒、无异味的特点^[35-37]。刘彩琴等对藕粉魔芋胶复合可食用膜配方进行优化研究,结果表明,当藕粉 3.6 g,山梨醇 1.22 g,海藻酸钠 0.62 g,魔芋 0.77 g 时,制得的可食性膜抗拉强度最大;当藕粉 3.6 g,山梨醇 1.42 g,海藻酸钠 0.64 g,魔芋 0.74 g 时,制得的可食性膜断裂延展率最大,且膜较柔软。2 种配方下,藕粉魔芋胶复合可食性膜延展性、水溶性、透油性、水蒸气透过性能均较适宜,适合工业化大规模生产^[38]。

2.2.7 其他类型涂膜包装材料的应用

多种涂膜物质经过一定处理得到的复合膜具有功能互补、力学性能提高等特点^[39-40]。用这种复合膜对水果保鲜,获得了较显著的保鲜效果^[41]。如赵春霞等采用海藻酸钠和壳聚糖涂膜处理,并结合氩气的气调技术对鲜切香菇进行包装,检测了鲜切香菇在贮藏中的呼吸强度、质量损失率、硬度、白度、PPO 活性以及感官评定等指标,研究了不同配比复合液对鲜切香菇贮藏保鲜效果的影响,结果表明,质量分数为 0.5%的壳聚糖+质量分数为 1.5%的海藻酸钠组能有效地抑制鲜切香菇的呼吸速率和质量损失率,并维持最高的硬度值,且在贮藏后期,其白度值明显高于其他处理组,更易让消费者接受^[42]。

另外,除了上述涂膜材料,一些新型涂膜成分也逐渐被使用,如芦荟凝胶、玫瑰精油、柠檬草精油等^[43-49]。如周斌等将含有柠檬草精油的涂膜液涂布在低密度聚乙烯包装袋内部来包装葡萄,结果表明,涂膜后的包装袋比没涂膜的包装袋中的葡萄腐烂率降低将约 73%,货架寿命提高了 1 倍左右^[50]。

3 结语

涂膜保鲜包装价格低廉,原材料来源广泛,操作简便,既能解决包装废弃物的污染问题,又能够满足食品的口味和安全要求,在现今研究领域以及市场受到广泛的关注。未来应开发出更多的优质涂膜保鲜包装材料,扩大其市场应用范围,例如聚氨基酸类化合物具有无毒、可食用及可生物降解等特点,是一个很好的研究方向,但目前由于其成本较高,对于此类材料的研究还比较少。此外,随着物流和互联网行业的发展及人们对食品安全认识的提高,未来果蔬等生鲜产品的包装应具备抵抗或降低由于地理环境变化或路途中产生外力而造成果蔬质量下降的能力,以及满足人们对果蔬等可食性产品溯源的要求,朝着智能化、信息化的方向发展,使其在达到食品保鲜、货架期延长作用的同时,能够实现更多的功能。

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