

Method

A variety of dairy products with a range of fat contents between 1% and 82% were analysed by NMR using an **MQC-23** fitted with a 26 mm hydrogen probe. Analyses were conducted using the **EasyCal** 'Fat in Foodstuffs' application software package.

Samples were prepared in duplicate by spreading 3–5 g of each sample on glass fibre filter paper and placing either a) on a metal dish or b) directly inside a glass vial. All samples were dried in an oven at 103°C for ~5 hours (drying time dependent on amount of sample). After drying, the open-filter samples were placed inside glass vials. All samples were conditioned at 40°C for one hour, prior to analysis. NMR measurement time was ~32 seconds.

The advantage of this method over extraction techniques is that a large number of samples can be prepared in batches.

Results

Figure 1 shows that a good calibration (Correlation Coefficient = 1.00; Standard Deviation = 0.57) can be obtained using all the samples of dairy produce and an empty tube which represents 0%.

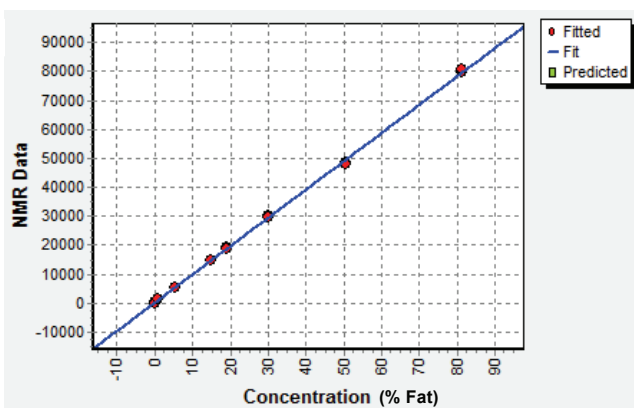


Figure 1

Since the hydrogen density of the fat components will vary with food type (e.g. butter, milk, vegetable oils and modified/ blended oils) it is recommended that a calibration is generated from fat derived from the same source material. Such a calibration may be generated by a 100% calibration method or a multi-point calibration covering the range of interest.

Sample	*Stated fat content (%)	Measured fat content (%)	Difference – relative to calibration line derived from all samples (%)
Butter	81.3	81.9	+0.6
Low fat strawberry yoghurt	0.8	1.1	+0.3
Raspberry yoghurt	5.5	5.3	-0.2
Low fat crème fraîche	15.0	14.9	-0.1
Crème fraîche	30.0	30.5	+0.5
Single cream	19.1	19.4	+0.3
Double cream	50.5	49.3	-1.3

Table 1: Fat content measured by NMR against the value *stated on the packaged produce.

Figure 2 shows an excellent correlation was achieved using four types of dairy produce and a zero control. By reducing the calibration range (e.g. 0-20%), data from the previous experiment gave a Correlation Coefficient of 1.00 and Standard Deviation of 0.23%.

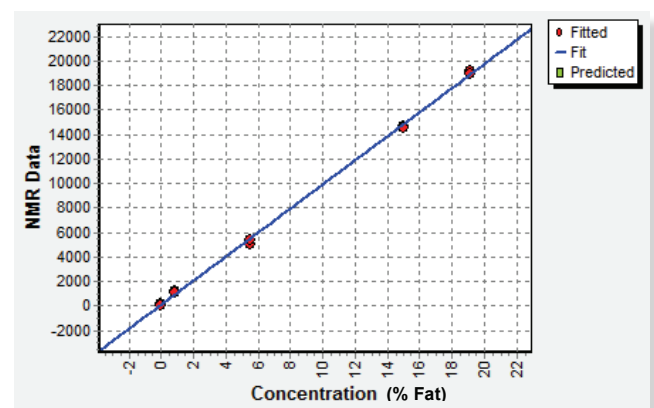


Figure 2

Conclusions

The **MQC-23** provides a means of rapidly measuring fat in dairy produce. Sample preparation is simple and conducive to very high sample throughput.



MQC – Enhanced Functionality

The instrument configuration used in this work may also be used to measure Oil in Dried Snack Foods, Fat in Chocolate and other Cocoa Derivatives. The functionality of the instrument may be increased to include the determination of Solid Fat Content (SFC), by the addition of a hydrogen probe (10 mm) and conditioning/tempering hardware as detailed in the AOCs/ISO SFC protocols.

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Using Nuclear Magnetic Resonance to Test Fat Content in Foods Case Study

How one contract laboratory dramatically increased sample throughput

The existing panel of 160 items served one of Europe's leading independent testing laboratories to seek an alternative to the standard solvent extraction method. Established method for testing the amount of fat in a range of foods. The contract laboratory with extensive sites throughout the UK and Ireland, provides quality control and analysis services to the food industry. By converting from the wet chemistry method to use **MQC** benchtop nuclear magnetic resonance (NMR) probes for measuring fat content of foods, the lab reaped significant economic and environmental benefits. The box on the right is a brief overview of NMR's advantages over other standard methods.

Key features of NMR

- Cost-effective: 100% automation, range from 2.5 to 100 grams per test
- Proven calibration can be produced using a single fat sample
- Requires no sample preparation
- Simple measurement time as short as 10 seconds per sample
- Accurate sample preparation necessary
- No solvents are required
- Accurate for bulk measurements
- Accurate to sample granularity and product addition
- Non-destructive, facilitating repeatability measurements

Standard wet chemistry methods result in bottlenecks

Customer and product types in the contract facility include: snack foods, confectionery, bakery, dairy, and other food products. The contract laboratory with extensive sites throughout the UK and Ireland, provides quality control and analysis services to the food industry. By converting from the wet chemistry method to use **MQC** benchtop nuclear magnetic resonance (NMR) probes for measuring fat content of foods, the lab reaped significant economic and environmental benefits. The box on the right is a brief overview of NMR's advantages over other standard methods.

Case Study: Fat in Food

Measurement of Oil Content in Dried Snack Foods Application Note 2

Summary

- Up to 200 items faster than wet chemistry methods
- No hazardous solvents required, no hazardous waste produced
- Faster, most reliable technique available
- Suitable for difficult operators: simple, intuitive, visual software
- Simple linear calibration, no interferences
- Suitable to sample from and addition
- Non-destructive, facilitating repeat

Advantages

Measuring the content of dried snack foods is essential for quality control and for the production of wet and dry product specifications. The amount of oil in the sample is a key parameter for the quality control of the product and also for the determination of the product's shelf life. The amount of oil in the sample is a key parameter for the quality control of the product and also for the determination of the product's shelf life.

Advantages of NMR

Standard methods for measuring oil content in dried snack foods are wet chemistry methods. These methods are slow and require the use of hazardous solvents. The amount of oil in the sample is a key parameter for the quality control of the product and also for the determination of the product's shelf life.

No 2. Oil in Dried Snack Foods

Determination of Fat and Oil Content in Foodstuffs Application Note 17

Summary

- Up to 200 items faster than wet chemistry methods
- No hazardous solvents required, no hazardous waste produced
- Faster, most reliable technique available
- Suitable for difficult operators: simple, intuitive, visual software
- Simple linear calibration, no interferences
- Suitable to sample from and addition
- Non-destructive, facilitating repeat

Advantages

Measuring the content of foodstuffs is essential for quality control and for the production of wet and dry product specifications. The amount of fat and oil in the sample is a key parameter for the quality control of the product and also for the determination of the product's shelf life.

Advantages of NMR

Standard methods for measuring fat and oil content in foodstuffs are wet chemistry methods. These methods are slow and require the use of hazardous solvents. The amount of fat and oil in the sample is a key parameter for the quality control of the product and also for the determination of the product's shelf life.

No 17. Fat & Oil in Foodstuffs

Determination of Solid Fat Content in Edible Oils and Fats by the Official Direct Method (AOCS Cd 18b-93) Application Note 13

Summary

- Up to 200 items faster than wet chemistry methods
- No hazardous solvents required, no hazardous waste produced
- Faster, most reliable technique available
- Suitable for difficult operators: simple, intuitive, visual software
- Simple linear calibration, no interferences
- Suitable to sample from and addition
- Non-destructive, facilitating repeat

Advantages

Measuring the solid fat content of edible oils and fats is essential for quality control and for the production of wet and dry product specifications. The amount of solid fat in the sample is a key parameter for the quality control of the product and also for the determination of the product's shelf life.

Advantages of NMR

Standard methods for measuring solid fat content in edible oils and fats are wet chemistry methods. These methods are slow and require the use of hazardous solvents. The amount of solid fat in the sample is a key parameter for the quality control of the product and also for the determination of the product's shelf life.

No 13. Solid Fat Content (SFC)

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