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WO 02/074105 A1

(54) Title: METHOD FOR MANUFACTURING PROCESSED FOODS

(57) **Abstract:** A method for incorporating omega-3-oils into processed food products, such as seafoods, which incorporates PUFA oils into substantially hydrophilic foods to produce semi-solid food preparations which contain substantially enhanced levels of the oil, including admixing at least one PUFA oil with said substantially hydrophilic food, said at least one PUFA oil being adsorbed onto a solid carrier, or being in the form of a stable emulsion in a liquid carrier. A useful solid carrier is modified starch. This method results in a product in which the oil is incorporated in the seafood sufficiently to reduce the likelihood of oxidation, and therefore spoilage, of the oil, as well as leakage of the oil during cooking. The inclusion of antioxidants and other additives in the food can be made.