

# 6 opened foods have their shelf life shortened by up to 10 times

Some foods go bad just a few months after opening even though they have a shelf life of one year, why?

## What is the expiration date?

Shelf life is the period of time during which a prepackaged food maintains its quality under the storage conditions stated on the label.

Storage conditions and storage time are two inseparable factors of shelf life. Storage conditions usually include room temperature, protection from light, refrigeration, freezing.

The shelf life is only valid under the storage conditions stated on the label. If the regulations are not met, it can be shortened and even lose food safety.

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### 1. Spices

The shelf life of processed spices in a sealed, unopened state is 1-2 years.

Once opened, the shelf life will be shortened and it will be easily damaged if placed in a high-temperature kitchen or even next to a gas stove.

Vegetable oil, soy sauce and vinegar can only be stored for 2-3 months after opening.

Peanut butter, salad dressing, ketchup and other sauce foods can only be stored for 1-3 months after opening.

To help prolong the shelf life of rarely used condiments, store them in the refrigerator.

### 2. Cooking oil

The shelf life of cooking oil in an unopened state is usually 18 months.

After opening, the shelf life of cooking oil will be greatly shortened, and should be used within 3 months.

If opened for too long and not covered tightly, the oil will react with oxygen in the air, causing oxidation, which can cause nausea, vomiting, diarrhea.

### 3. Rice



When unopened, rice has a shelf life of usually 1-2 years. After opening the package, rice can be used within 1 year if stored well. However, if not stored well or properly, rice is susceptible to mold and insects.

After removing the outer packaging bag, the rice should be placed in another container that can be sealed and placed in a cool, dry environment.

#### **4. Powders**

After opening the lid, flour, baking powder, easily absorbs moisture, clumps, and becomes moldy. Therefore, after opening, it should be consumed within 1 month and must be covered promptly and stored in a dark, dry, cool place.

The shelf life and preservation of flours are similar to rice.

#### **5. Nuts**



Granule products in different packages are usually 6-12 months. Seeds have a high fat content, so after opening, they are susceptible to moisture, oxidation, producing unpleasant odors and even toxic substances if not stored properly.

Therefore, after opening the lid, you should eat nuts within a short time.

## **6. Sweet drinks**

After opening and tightly closing the lid, carbonated drinks can be stored in the refrigerator for 3-5 days.

Highly acidic fruit and vegetable drinks such as hawthorn juice and citrus juice can be stored in the refrigerator for 2-3 days.

However, drinks should be consumed within 24 hours after opening to ensure nutrition and safety.

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