

FERMENTED FOODS AS FUNCTIONAL PROBIOTICS



Functional probiotics refer to live microorganisms primarily bacteria and some yeasts that, when consumed in appropriate amounts, confer health benefits beyond basic nutrition.

*Ex: Lactic Acid Bacteria, Saccharomyces boulardii, Streptococcus thermophilus
Bacillus coagulans etc.*



Fermented foods are rich sources of functional probiotics

- These foods undergo a natural fermentation process where beneficial bacteria, yeasts, or fungi break down the components of the food, leading to the production of various compounds, including probiotics.
- Probiotics contribute to gut health and have been associated with a range of other health benefits.



Common Examples

Yogurt

Made by fermenting milk with specific bacterial strains such as *Lactobacillus bulgaricus* and *Streptococcus thermophilus*.

Kefir

Made by fermenting milk with kefir grains, which consist of a mixture of *lactic acid bacteria* and yeasts.

Sauerkraut

Fermented cabbage that is typically made by lactic acid bacteria and rich in vitamins, minerals, and fiber.

Kimchi

Traditional Korean fermented vegetable dish, usually made from napa cabbage and a variety of spices.

Miso

Japanese seasoning made by fermenting soybeans with salt and koji (a type of fungus), often used to make soups and sauces.



Tempeh

Fermented soy product originating from Indonesia and made by fermenting cooked soybeans with a specific fungus called *Rhizopus oligosporus*.

Kombucha

Fermented tea beverage produced by fermenting sweetened tea with a symbiotic culture of bacteria and yeast (SCOBY).

Pickles

Made from cucumbers or other vegetables, can be fermented using *lactic acid bacteria*.

Fermented Cheese

Some varieties of cheddar, gouda, and Swiss, undergo fermentation processes that involve probiotic bacteria.

