

Prof. Dr. Chatrapa Hattakosol, (2022, November), How Fermented Foods Affect Health : Gourmet & Cuisine (268): 75-76

Fermented foods are processed foods. The main purpose is to extend the shelf life. by using microorganisms to ferment food There are different ways to ferment food. Since the type and amount of microorganisms Including fermentation time Microorganisms act to decompose large molecules, old chicken, proteins and fats into smaller ones. Affecting changes in color, smell, taste and nutritional value.

Benefits of Fermented Foods

Antioxidants Fermented milk, such as yogurt, has been found to have antioxidant value. more freedom than normal milk Because in the product there will be some protein that is often too often. which are biologically active peptides such as alpha, actalbumin, etc.

Lower blood pressure Fermented milk products and fermented cereals have the ability to reduce Blood pressure from Lactobacillus microorganisms that produce roteolytic enzymes in milk during the fermentation process yielded peptides with antihypertensive roperties. Found in milk fermented with Lactococcus, it was found to have antihypertensive effects in hypertensive rats.

Synthesis of beneficial nutrients In the fermentation process, in addition to Microorganisms enzymes degrading macromolecules Some nutrients such as vitamins, amino acids, and vitamin B12 are also synthesized in tempeh products. (fermented soybeans)

Prevents the development of diabetes. Prevent diabetes Fermented cereal products, such as processed bread Chow Fermentation Sourcough : Microorganisms will gradually decompose the sugar in starch to form lactic acid. The resulting bread therefore has a glycemic index. Less than general bread, with a sour taste from lactic acid, which is unique to this type of bread.

Balance of gut microflora Adjust the balance of intestinal microflora found in fermented foods containing lactic acid-producing microorganisms. able to restrain can reduce the severity of pathogens The balance in the intestines is caused by interactions between microorganisms. in the body and microorganisms in fermented foods that are eaten which the amount of microorganisms Live in the intestines must have the right amount. It will affect the health of the body.

Fermented foods therefore have a variety of benefits that people who want to take care of their health should pay attention to.

