

Nutrition Focus Newsletter



Fermented Foods: Your Gut's Bestfriend!

Adriana Patnode Fonseca—Food Service Intern

Hello all and welcome to this month's newsletter! This month we are covering fermented foods and benefits they have on your body. Ready to learn more?

What is fermented food?

To answer your question, fermented foods are simply foods that have undergone a natural process in which microorganisms like bacteria, beneficial mold, or yeasts break down sugars and starches. In turn by breaking down these components, it produces alcohol or acids.

Some commonly known fermented foods include:

Kimchi: A spicy Korean cabbage dish

Kefir: A tangy, prebiotic-rich dairy drink

Sauerkraut: Fermented cabbage with a sour flavor

Kombucha: A fizzy tea that's great for gut health and comes in a variety of different flavors

Miso: A savory Japanese paste made from fermented soybeans

Some benefits that fermented foods do for our gut include:

A boost to your gut health: These foods have beneficial bacteria that when ingested help with healthy gut balance.

Support Immune Function: By having a healthy gut "population" it also supports the immune system which in turn helps the body fend off illnesses.

Here are some quick and easy ways to incorporate fermented foods into your diet

Start Small: Incorporated a small serving into your daily meals, a little goes a long way

DIY Fermentation: Make your own sauerkraut or kombucha at home. It's cost-effective and fun!

Try Different Varieties: Experiment with different types of fermented foods to see what you enjoy the most.

Now that you have learned a little bit more about this great food, get ready to dive into the world of fermented foods and enjoy the multitude of benefits they have to offer!



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