

## Advances In Fermented Foods And Beverages Improving Quality Technologies And Health Benefits Woodhead Publishing Series In Food Science Technology And Nutrition

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The Science of Fermenting Foods: Healthy Eating

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Abstract. Different types of fermented foods have been used by humans for thousands of years, and these foods have been considered to promote the health of their consumer. Fermented foods contain beneficial microbes, particularly lactic acid bacteria, some strains of which may be potential probiotics, and which, in general, are responsible for texture, flavour and better preservation of fermented foods.

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Part one covers the health benefits of fermented foods. Part two includes chapters on fermentation microbiology, while part three looks at ways of controlling and monitoring the quality and safety of fermented foods. Part four covers advances in fermentation technology. Finally, part five covers particular fermented food products. Show less

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These processes are thought to be intricately intertwined with human biology, and it is hypothesized that our primate ancestors adapted to natural fermentation processes millions of years ago. 3 While many fermented foods (e.g., yogurt, cheese, coffee and alcohol) remain popular, certain types of fermentation are a dwindling art in many settings, representing a loss of cultural heritage and a natural way to improve the qualities of foods across several distinct axes 4:

*Integrating Tradition and Technology for Fermented Foods ...*

Part one covers the health benefits of fermented foods. Part two includes chapters on fermentation microbiology, while part three looks at ways of controlling and monitoring the quality and safety of fermented foods. Part four covers advances in fermentation technology. Finally, part five covers particular fermented food products.

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