

# gather.

## nutrition fact sheet



### What are fermented foods?

Fermented foods are made by adding microorganisms such as bacteria or yeast to a food source. The microorganisms work by feeding on and breaking down the carbohydrates in the food, and turning them into healthy organic acids such as probiotics.

The fermentation process can take anywhere between three days to three weeks or more, and converts the food into a more digestible form. Eating this style of food works to improve gut health, balance gut bacteria, prevent stomach upsets and can help nutrients to be better absorbed. Gut bacteria is important for good digestion and improves absorption of nutrients which can help maintain a well balanced diet.

### Why are foods fermented?

Fermentation of food has been shown to preserve the food and their nutrients, as well as creating beneficial enzymes, B-vitamins, omega-3 fatty acids and various strains and amounts of probiotics which have been found to improve overall digestion and immunity.

Many cultures around the world have had fermented foods in their diet for years, such as Kimchi in Korea or Sauerkraut in Germany. Studies have shown the link between these probiotic rich foods and digestive health.

#### Health benefits of fermented foods

- **Probiotics** – Probiotics are a live microorganisms that help to keep the gut healthy and aid in digestion. Fermented foods are high in probiotics, making them an excellent way to boost digestive health.
- **Better Absorption Of Nutrients In Food** – Having a proper balance of digestive enzymes and gut bacteria can help to absorb more nutrients from the foods you eat.
- **Preserves Food Easily** – Fresh foods may only last a few days with nutrient levels decreasing over time. Fermented foods however, can be stored for months without losing any nutrient value.



## Which foods are fermented?

Some of the popular fermented foods are listed below -

<b>Kombucha</b>	Fermented black tea drink which originated in Northeast China, and is now a popular fermented beverage throughout the world. Kombucha can be made at home however there are numerous kombucha beverages available to purchase. If buying ready made kombucha, opt for one that has less than 5g sugar per serve as some brands can be high in added sugar.
<b>Sauerkraut</b>	A common side dish in German cuisine which is made from fermented cabbage.
<b>Kimchi</b>	A staple in Korean cuisine made from fermented cabbage with added radish, ginger and garlic, which can make it quite spicy.
<b>Yoghurt</b>	Yoghurt is a common eaten in most cultures throughout the world, and contains natural probiotics that are helpful for gut health.
<b>Miso</b>	A common paste used to give flavour to a variety of dishes in Japanese cuisine made from soybeans and barley.
<b>Tempeh</b>	A traditional soy product from Indonesia made by a natural culturing and fermentation process that binds soybeans into a cake form. Tempeh is a high-protein, relatively low-fat and cholesterol-free food perfect for vegetarians, vegans, or anyone looking for a low-fat and heart-healthy source of protein.

## How can I include fermented foods in my meals and snacks?

1. Include yoghurt with breakfast or as a mid-meal snack which can be eaten on its own or can be included in a smoothie. Enjoy a glass of Lassi with your next Indian meal.
2. Serve sauerkraut as a side dish at lunch or dinner or add it as a salad ingredient to a sandwich or roll.
3. Serve desserts with yoghurt.
4. Enjoy a glass of naturally brewed Kombucha with a low sugar content.
5. Enjoy a cup of miso soup with your next Japanese meal.
6. Add tempeh to stir fry dishes.

### Summary

Fermented foods are a beneficial way to help improve gut bacteria and provide a good amount of probiotics. It is important to introduce fermented foods gradually in your diet. When introduced gradually, fermented foods can help to improve gut bacteria.