

Advances In Fermented Foods And Beverages Improving Quality Technologies And Health Benefits

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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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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

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