

5 GREAT BENEFITS OF FERMENTED FOODS

Your body will thank you after

Fermented foods are foods that have controlled microbe growth. Microbes are microscopic organisms such as bacteria or fungi! Microbes break down certain food compounds and convert them into others. This process helps the gut microbiome!

The gut microbiome is the community of microbes that live inside your digestive system. It has a key role in maintaining healthy function in your nervous, immune, neural systems and more!

WEIGHT MANAGEMENT

Reduces Body Weight and Improves Metabolic Parameters

Fermented kimchi (but not fresh!) had positive effects on metabolic syndrome, percent body fat, and fasting glucose. This suggests that the fermentation factor affects obesity, lipid metabolism, and inflammatory processes. (3)

RELIEVES MUSCLE SORENESS

Fermented milk has immediate physiological effect on muscles

Fermented milk (ex. cheese, yogurt, kefir, etc.) improves glucose metabolism and reduces muscle soreness from acute resistance exercise. (1)

REDUCES HIGH BLOOD PRESSURE

Reduces both types of blood pressure

Multiple studies have found that fermented foods lower blood pressure. In particular, certain milk proteins and kimchi found both systolic and diastolic blood pressures were lowered after consumption. (1) (3)

IMPROVES CHOLESTEROL LEVELS

Improves total cholesterol, non-HDL-C and LDL concentrations

The consumption of kochujang and/or fermented soy products lead to significantly improved total cholesterol, including 2/3 types of cholesterol. (1)

REDUCES FEVER

In elderly populations, significantly lower incidence of fever

Any fermented food with the organism *L.casei Shirota* significantly lowered the incidence of fever and improved bowel movements in elderly populations. *L.casei Shirota* is found in the popular Japanese drink, Yakult. (1)

KNOW YOUR FERMENTED FOODS

These 5 fermented foods are great to add into your diet!

Bacteria: *L. plantarum*,
L. pentosus

Science Says: Table olive consumption showed significant reduction in inflammation and oxidative stress! (2)



OLIVES

Bacteria: *Lactobacilli*

Science Says: Kimchi can help reduce body weight and improve your metabolism! (3)



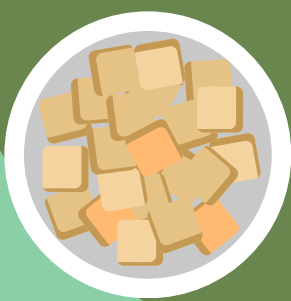
KIMCHI

Bacteria: *St. thermophilus*,
L.delbrueckii ssp.bulgaricus

Science Says: Yogurt can lower risk of type 2 diabetes! (1)



YOGURT



SAUERKRAUT



MISO

Bacteria: *Lu. mesenteroides*,
L. plantarum, *L. brevis*

Science Says: Sauerkraut can have anticarcinogenic (aka anti-cancer) effects! (4)

Bacteria: *T. halophilus*

Science Says: Fermented soy products can lead to improved total cholesterol! (1)

2-3 SERVINGS OF FERMENTED FOODS
A DAY IS RECOMMENDED (5)

LOWERS OVERALL MORTALITY

A study conducted over 10 years found that adults that consumed fermented dairy products had an overall lower mortality, lower risk of type 2 diabetes, and lower risk of coronary heart disease. (1)

SOURCES:

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