

# Health Value of Fermented Foods

SYNTHESIS OF NUTRIENTS	RICH IN ENZYMES AND BIOACTIVES	STRENGTHEN IMMUNE SYSTEM	IMPROVES DYSBIOSIS	INCREASES FOOD LIFESPAN	IMPROVES DIGESTIBILITY AND REDUCES ANTI-NUTRIENTS
<p><b>Vitamins</b> FOLATE, RIBOFLAVIN, B12, K2 SYNTHESIZED BY SPECIFIC STRAINS OF BACTERIA</p> <p><b>Amino Acids</b></p> <p><b>Short Chain Fatty Acids</b></p> <p><b>Secondary Polyphenols</b> BY-PRODUCT OF DIETARY POLYPHENOLS</p> <p><b>Other</b> COMPOUNDS WITH NEUROTRANSMITTER FUNCTIONS (GABA) LACTATE REDUCES ROS IN INTESTINAL CELLS</p>	<p>Heat applications can destroy natural food enzymes and bioactives</p> <p>NATURALLY FERMENTED FOODS RETAIN FOOD ENZYMES</p>	<p>Beneficial bacteria deters pathogenic bacteria in the gut</p> <p><b>Produce Short Chain Fatty Acids</b></p> <p>PROVIDE IMMUNE DEFENSE</p> <p>FUEL TO SOURCE FOR CELLS THAT LINE THE GUT</p>	<p>Fermented foods re-populate the gut with beneficial bacteria</p>	<p>Fermenting foods is a form of natural food preservation</p> <p>DAIRY: AGED CHEESE, KEFIR</p> <p>VEGETABLES: KRAUTS &amp; PICKLES</p> <p>FRUIT: CHUTNEY &amp; PICKLES</p>	<p>Reduces phytic acid (a natural plant defense mechanism, which can bind and prevent absorption of some nutrients)</p> <p>SOAKING &amp; FERMENTING FOODS REDUCES THIS BARRIER</p> <p>INCREASED ABSORPTION: IRON, CALCIUM, ZINC</p>