

TAL 797 – Seminário

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## **FERMENTED FOODS AND THEIR IMPACT ON HEALTH**

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Fermentation is an ancient technique used both for the production and preservation of food. In addition to modifying the sensory and rheological characteristics of food, it offers health benefits to those who consume it regularly. In recent years, especially after the COVID-19 pandemic, the development and consumption of foods and beverages that provide health benefits have increased. Among these foods, we can mention kimchi, pickles, and others. As for beverages growing in popularity, there are water kefir and kombucha. Water kefir, obtained after fermentation, has a sweet and sour taste, low alcohol content, and is slightly carbonated. During its fermentation, acetic and lactic bacteria, as well as yeasts, are present. Among the lactic bacteria, some strains are probiotic and can improve the intestinal health of individuals. Additionally, studies report that water kefir has immunomodulatory, hepatoprotective, anti-inflammatory, and antihypertensive. Kombucha, on the other hand, is a fermented beverage based on green or black tea, obtained through fermentation with the presence of lactic and acetic bacteria, as well as yeasts. Throughout the fermentation of kombucha, a series of biotransformations occur in the present phenolic compounds, increasing their diversity compared to the original tea. Catechins and their analogs, present in kombucha, are recognized for their antioxidant potential and their ability to combat certain types of cancer. Studies in rats indicate that regular consumption of kombucha improved the level of steatosis in the animals and reduced inflammatory conditions. Recently, it was demonstrated that the regular consumption of green tea kombucha by obese individuals reduced lipid accumulation, modulated the inflammatory profile, and caused beneficial changes in the consumers' oral microbiota. All of this supports the idea that the regular consumption of fermented foods can become a healthy habit for the population.

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