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HEALTH BENEFITS ASSOCIATED WITH VINEGAR CONSUMPTION

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Vinegar is a traditional product used in various cultures, and its history dates back more than 3.000 years. It's commonly used as a seasoning, but recently, research has shown that it is a functional food, containing several health benefits. Current legislation defines it as the product obtained from the acetic fermentation of the alcoholic ferment of fruit must, cereals or other vegetables, honey, a mixture of vegetables, or a hydroalcoholic mixture. It can be classified according to the origin of the raw material, being designated as acetic ferments or vinegars, followed by the name of the original raw material. The growing demand for foods that bring health benefits has sparked researchers' interest in various types of fruit-derived vinegars and their properties. These include anti-inflammatory, antimicrobial, antioxidant, anti-hyperlipidemic, and many other actions, attributed to biologically active compounds that are effective both individually and synergistically. The results of these studies indicate that vinegars can offer beneficial health properties due to their high concentrations of phenolic compounds, vitamin C, and organic acids. Their bioactive profiles suggest potential for the development of functional foods and health-oriented dietary applications. Given the above, the main objective of this presentation is to explain, based on scientific studies, the benefits of consuming fruit vinegars for health.

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