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BY M. OSTARELLO

POSTED IN NEWS ()

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HOW FERMENTATION CAN ENHANCE NUTRITION. HINT: THINK SAUERKRAUT AND VITAMINS.

BY M. OSTARELLO AUGUST 8, 2016

Sauerkraut has made a comeback with a new generation of foodies—healthy foodies. That’s because fermentation makes this centuries-old European cabbage dish a good-for-you choice, and Millennials have re-discovered its benefits. According to Chelsea Krost, Millennial lifestyle expert, younger generations are “obsessed” with fermented foods because the active cultures make them “good for intestinal health and digestion.” Essentially, they’re a delicious way to get your probiotics.

Fermented foods may be one of the latest culinary trends, but many of these recipes have been around for thousands of years since fermentation is one of the oldest-known ways to preserve foods. Fermented foods have played a role in cultures across the globe throughout history, including: Latin America, India, Russia, Europe, China, Japan and Korea. Other well-known, fermented foods include kimchi, yogurt, kefir, kombucha, miso, and tempeh.

So, how does fermentation occur? Yeasts and lactic acid bacteria are two types of microorganisms that foster fermentation—and in the process, common foods such as milk, cabbage and soy are transformed into substances with far more nutritional value. And, not only do they become more vitamin-rich, but the nutrients are also more bioavailable, meaning your body can absorb the nutrients better.

Science-Based Medicine, an organization that explores the scientific perspective of alternative medicine and

nutritional quality of food by contributing beneficial compounds such as vitamins and by increasing the bioavailability of minerals,” writes Lucy Shewell, author of the Science-Based Medicine article. She goes on to say, “Probiotics, including those found in kimchi, have a range of positive effects on health.” These include supporting a healthy inflammation response, positively impacting the immune system, managing weight, and altering the composition of the gut microbiome.*

Here’s a fascinating fact: Did you know that your vitamins can be produced with fermentation, benefiting your intestinal flora and making the nutrients more bioavailable? It’s an important development in nutrition.

Vitanova™ is one of the only multivitamin brands in the world to use a fermentation process to enhance the nutrition of their supplements. They start with the organic yeast *Saccharomyces cerevisiae*, and then add in their wide array of nutrients, including vitamins, minerals, herbs, omega fatty acids, organic superfoods and enzymes from tropical fruits. Vitanova then adds three strains of beneficial probiotics: *L. acidophilus*, *B. bifidum*, and *L. rhamnosus*. Under low heat, the fermentation process continues and the cell walls of the substances break down, thereby increasing the bioavailability of the nutrients. In the end, the process creates a living, whole-food complex from which the supplements are made.

So, go ahead, eat your sauerkraut, yogurt and kimchi—and take your vitamins. Who knows? Maybe you just discovered the secret to staying younger, longer.

Sources:

10 Food Trends Millennials are Obsessed With



Millennials are a group to be reckoned with at food events, especially as they act upon their food and beverages ... Continue reading



Chelsea Krost

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<http://www.encyclopedia.com/topic/fermentation.aspx>

<http://www.todaysdietitian.com/newarchives/070112p32.shtml>



Everything you always wanted to know about fermented foods


Fermented foods, such as sauerkraut and kombucha, have become popular for health reasons. I have made my own sauerkraut in the past and have recently made the tasty, fermented Korean side dish, kimchi. I did it not only for the taste but also for the hope that the bacteria responsible for the fermentation of the cabbage — lactic acid bacteria (LAB) — ... Continue reading




Science-Based Medicine


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