

Special Issue

Fermented Food and Health Benefits

Message from the Guest Editor

Fermentation has been utilized to modify and produce foods for thousands of years, offering both preservation and enhanced flavor profiles. Humans quickly discovered that storing foods under certain conditions led to desirable changes, making them tastier and longer-lasting. The microbial and enzymatic actions responsible for these biochemical changes not only improve the sensory characteristics, digestibility, and nutrient content of fermented foods, but also provide numerous health-promoting effects, often attributed to bioactive molecules synthesized during the microbial degradation of proteins and carbohydrates. Fermented foods can play a pivotal role in supporting gut microbial diversity by introducing and maintaining complex microbial communities. This is essential for preserving gut health, contributing to overall well-being, reducing the global rise of chronic diseases, and increasing resistance to pathogen infections in populations. In recent years, their popularity has surged, largely due to their recognized health benefits. This growing interest highlights the importance of promoting the development and dissemination of fermented products

Guest Editor

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