

Special Issue

Microbiology of Fermented Foods and Beverages: Analysis and Applications

Message from the Guest Editors

In 2019, the International Scientific Association for Probiotics and Prebiotics (ISAPP), together with a panel of experts, developed a new definition of fermented foods and described their role in the human diet, characterizing fermented foods and beverages as: “foods made through desired microbial growth and enzymatic conversions of food components”. This definition requires the activity of microorganisms. Although endogenous or exogenous enzymes from plants, animals, or other sources might be present, the activities of these enzymes alone are insufficient for a food to be regarded as fermented. The most common fermented foods and beverages require lactic acid bacteria (LAB), acetic acid bacteria (AAC), bacilli or other bacteria, yeasts, or filamentous fungi.

The new definition of fermented foods and beverages accommodates the many products made globally from diverse starting materials. Together with the importance of food preservation and quality, current evidence suggests that diets rich in fermented foods can reduce human disease risk and enhance longevity, health, and quality of life by strengthening the immune system.

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