



Frequently asked questions

Q1. Define fermentation?

Ans. Fermentation in food processing is the process of converting carbohydrates to alcohol or organic acids using microorganisms —yeasts or bacteria—under anaerobic conditions.

Q2. The Science of fermentation is known as?

Ans. The science of fermentation is known as zymology or zymurgy.

Q3. What are fermented foods?

Ans. Fermented foods are food that have been through a process of lacto- fermentation in which natural bacteria feed on the sugar and starch in the food creating lactic acid. This process preserves the food, and creates beneficial enzymes, b-vitamins, Omega-3 fatty acids, and various strains of probiotics.

Q4. What is probiotic effect?

Ans. One of the reasons for the increasing interest in fermented foods is its ability to promote the functions of the human digestive system in a number of positive ways. This particular contribution is called probiotic effect.

Q5. What are various purposes of food fermentation?

Ans. Food fermentation serves five main purposes: to enrich the diet through development of a diversity of flavors, aromas, and textures in food substrates; to preserve substantial amounts of food through lactic acid, alcohol, acetic acid, and alkaline fermentations; to enrich food substrates with protein, essential amino acids, and vitamins; to eliminate anti nutrients; and to reduce cooking time and the associated use of fuel.

Q6. What are various benefits of fermented foods?

Ans. There are many benefits of fermented foods to your diet such as:

1. Makes food more digestible: Because the bacteria predigest the food, the resulting product is easier to digest. If you have trouble digesting raw fruits and vegetables, fermentation may



be helpful for you.

2. Fermented foods have more nutrients: The bacteria in fermented foods produce more vitamins and nutrients as they digest the starches and sugars. They particularly produce B vitamins and vitamin K2.
3. Chock full of good bacteria (probiotics) : Some experts say that each small 1/2 cup serving of fermented foods can contain up to 10 trillion probiotic organisms.
4. Helps curb sugar cravings: By adding fermented foods to your diet, you can limit, if not completely stop, your sugar cravings.
5. Lactic acid promotes growth of healthy bacteria in the gut: The lactic acid produced during fermentation helps healthy bacteria already present in your gut to proliferate. This leads to better gut health.
6. Increases flavor of foods: Fermentation adds a new depth of flavor to fermented foods.