



FERMENTED AND PROBIOTIC FOOD

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WHAT IS

FERMENTATIO

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WHAT IS FERMENTATION?

A close-up photograph of a person's hand resting on the top of a wooden barrel. The barrel has several metal hoops visible. The background is blurred, showing more of the barrel and some indistinct shapes.

Fermentation is a metabolic process that produces chemical changes in organic substances through the action of enzymes

Used for preservation in a process that produces lactic

Industrial fermentation is a broader term used

WHAT IS FERMENTATION?

Used for preservation in a process that produces lactic acid found in sour foods like pickled cucumbers, kombucha, kimchi, and yogurt

Fermentation is a metabolic process that produces

Industrial fermentation is a broader term used

WHAT IS FERMENTATION?

A close-up photograph of a person's hand resting on the wooden head of a barrel. The hand is positioned in the upper right quadrant of the frame. The barrel's staves are visible, showing a natural wood grain. The background is softly blurred, suggesting an industrial or workshop setting.


Industrial fermentation is a broader term used for the large-scale production of chemicals, biofuels, enzymes, proteins, and pharmaceuticals.

Fermentation is a metabolic process that produces

Used for preservation in a process that produces lactic



What are fermented foods?

- ***Foods and beverages that have undergone controlled microbial growth and fermentation***
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A collage of food items including a loaf of bread, a jar of pickles, and a plate of breadsticks.

What are fermented foods?

- ***Yeast and bacteria breaks down food components, such as sugars, into other products like organic acids, gases, or alcohol.***

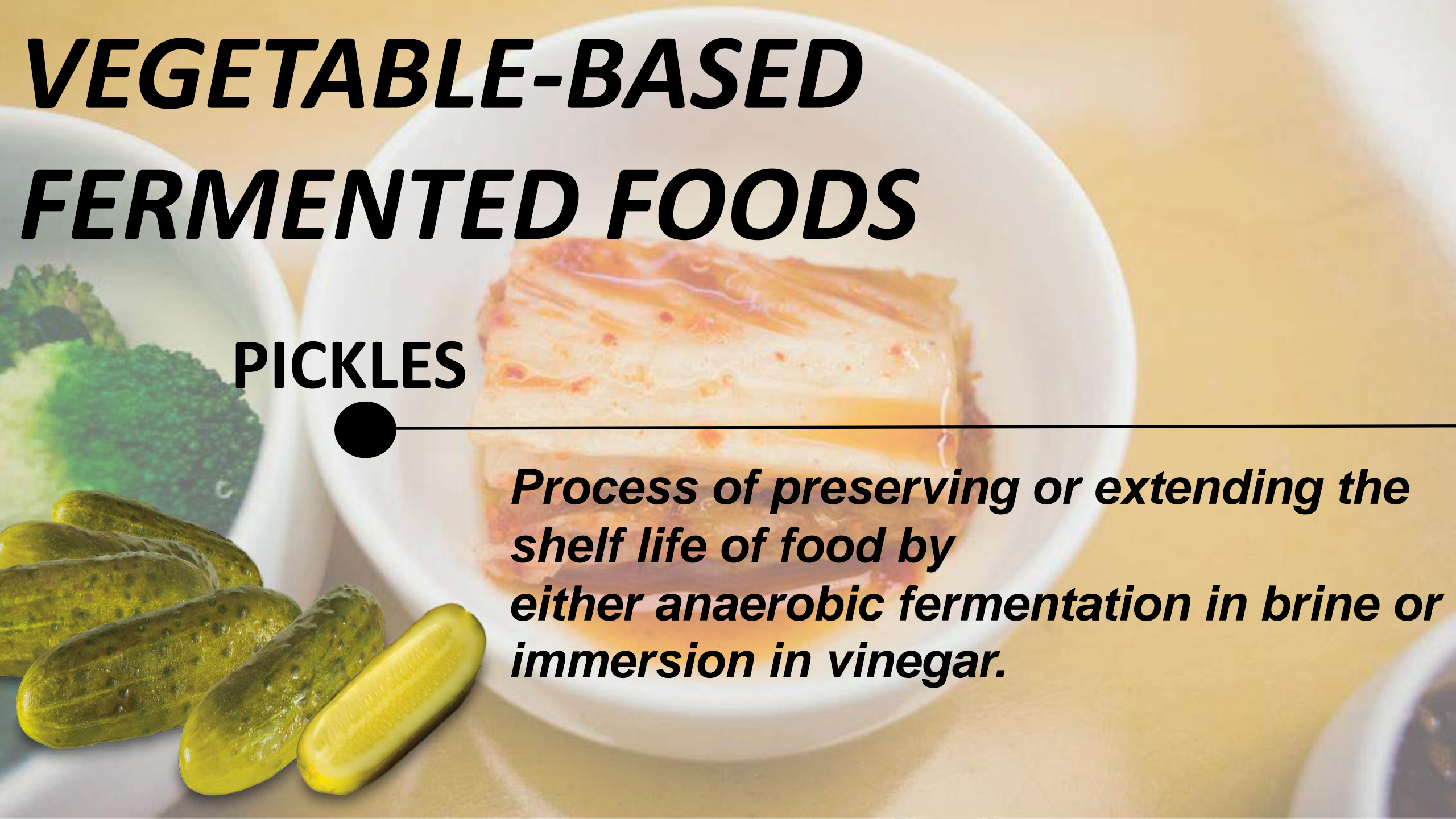


***TYPES OF FERMENTED
FOODS***

VEGETABLE-BASED FERMENTED FOODS

PICKLES

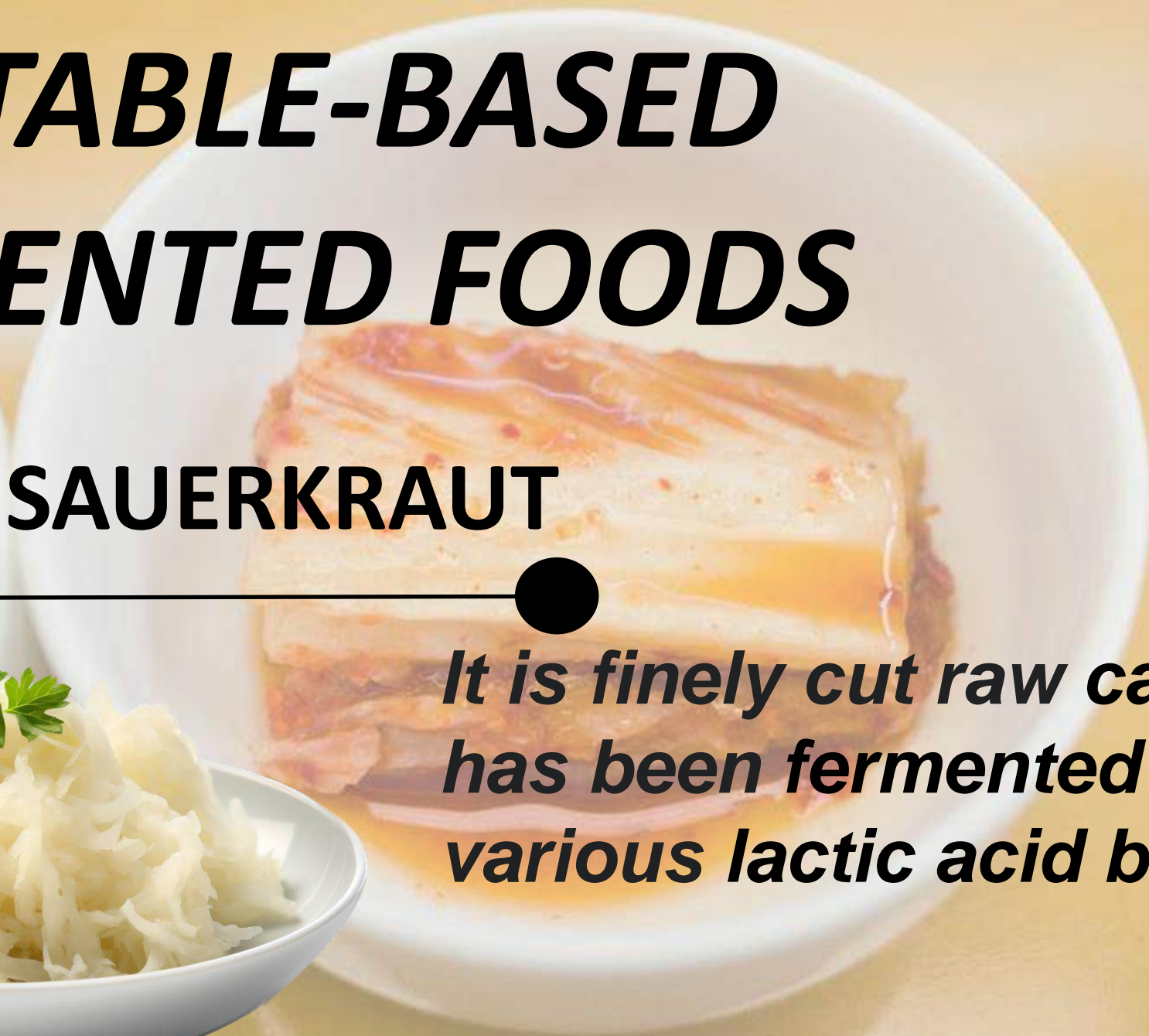
Process of preserving or extending the shelf life of food by either anaerobic fermentation in brine or immersion in vinegar.



VEGETABLE-BASED FERMENTED FOODS

SAUERKRAUT

It is finely cut raw cabbage that has been fermented by various lactic acid bacteria.



FERMENTED MEAT AND FISH PRODUCTS

SALAMI

It is a cured sausage consisting of fermented and air-dried meat, typically, pork.



FERMENTED MEAT AND FISH PRODUCTS

FISH SAUCE



Fish sauce is a liquid condiment made from fish that have been coated in salt and fermented for up to two years.

MILK-BASED FERMENTED FOODS

01. CHEESE

It is a dairy product produced in a range of flavors, textures, and forms by coagulation of the milk protein casein.



MILK-BASED FERMENTED FOODS

02. YOGURT

***It is a food produced by
bacterial fermentation of
milk by lactic acid bacteria***



GRAIN-BASED FERMENTED FOODS

01. DOSA

***Thin, savoury crepe made
from a fermented batter of
ground white gram and rice.***



GRAIN-BASED FERMENTED FOODS

02. BREAD

***A staple food prepared from
a dough of flour and water.***





Importance and benefits of fermented foods.

- *Reduces heart disease risk*
- *Aids digestion*
- *Boosts immunity*
- *Promotes weight loss*
- *Improves gut microbiome*



**WHAT ARE PROBIOTICS
AND PROBIOTIC FOOD?**

WHAT ARE **PROBIOTICS** AND **PROBIOTIC FOOD**?



Probiotics are live microorganisms promoted with claims that they provide health benefits when consumed, restoring the gut microbiota.

Some probiotic rich foods are-

- *Yogurt*
- *Tempeh*
- *Buttermilk*
- *Kefir, etc.*



A top-down view of a clear glass bowl filled with white yogurt. The yogurt is topped with several fresh strawberries, blueberries, almonds, and pumpkin seeds. The bowl is placed on a light-colored wooden surface with a visible grain. The text "HEALTH BENEFITS OF PROBIOTIC FOODS." is overlaid in the center of the bowl in a bold, black, sans-serif font.

**HEALTH BENEFITS OF
PROBIOTIC FOODS.**

A glass bowl filled with white yogurt, topped with fresh strawberries, blueberries, almonds, and some nuts. The bowl is placed on a light-colored wooden surface.

HEALTH BENEFITS OF PROBIOTIC FOODS.

Supports digestion and prevents diarrhea

Strengthens immune system and reduces allergies

Improves mental health and mood

Enhances oral health and breath

Lowers blood pressure and cholesterol levels

***THANK
YOU***

~GROUP A

