

HEALTH BENEFITS OF FERMENTED AND FUNCTIONAL FOODS

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Abstract: Current and prospective benefits of Fermented foods, Prebiotics, Probiotics and Ganoderma foods on human health especially on rejuvenation, immunity enhancement, nutrient supplementation, digestion and progression of some diseases have been discussed and Indian Scenario has been highlighted albeit there is no foolproof conclusive study so far that proves they are an effective cure for diseases except diarrhoea for any reason, including that induced by antibiotics. Notwithstanding, many clinical trials seem to hold promise and prebiotic and probiotic are the byword everywhere, therefore. Judged from the standpoints of longevity, impact on earth, evolutionary success and geographical spread, Yeasts, moulds and lactobacilli, which participate in forming fermented and functional foods are among the top 100 species (C. Lloyd, 2009; Times of India).

Key words: Fermented and Functional food benefits

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