

Food Trend: 3 Things to Know About Fermented Food



By [Mara Miller](#)

Did you know that pickles, sauerkraut, and kombucha are all types of fermented food? A new [food trend](#), fermented foods are packed with health benefits. This method of preserving food through fermentation dates back to 6,000 B.C. and is still embraced in several other countries.

Here are three things to know about the fermented food trend:

1. **Fermented food has health benefits:** It balances the good

bacteria through probiotics. Fermented foods are a great source for natural probiotics. It helps you maintain your gut flora—over 400 bacterial species that aid in digestion.

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2. Not all fermented foods are equal: While cheese is fermented, it is not known to have the same health benefits as yogurt, for example. Kombucha, pickles, and kimchi all have different benefits. While most fermented foods benefit a healthy digestive system, research which foods will benefit your body the most.

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3. You can ferment your own food: Sauerkraut, any kind of pickled vegetable, Kimchi, yogurt, and juice are all easy to make at home to save money and help your gut. You can find a multitude of recipes online with a variety of flavors to fit every palate.

Have you tried any fermented foods besides sauerkraut and pickles? What health benefits have you noticed? Share your thoughts below.