



EATING 101

RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
 A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Fall in Love with Fermented Foods

Have you ever wondered how a cucumber turns into a pickle, or cabbage turns into sauerkraut? With just salt, water, and time, the magic of fermentation allows microorganisms to transform a cuke to a cornichon, and a savoy to sauerkraut. People have been fermenting food since 6000 BC to preserve food and prevent foodborne illness. Fermented foods have gained popularity in recent years because of their beneficial health factors. See below to find out why and how to incorporate fermented foods into your diet!



What is Fermentation?

- Both food and beverages can undergo fermentation
- Live microorganisms (like bacteria and yeast) are naturally found or added to foods or beverages to break down sugars
- Fermentation causes the product to adopt a different flavor, smell, and appearance



What are the Health Benefits?

- Fermented foods with *live cultures* contain probiotics, which may aid in digestion
- Consuming fermented foods may help to temporarily diversify the gut microbiome, which can support immune health
- Fermentation helps the body to better absorb certain nutrients (for example, B vitamins, magnesium, and zinc) found naturally in foods



Try it out!

- Next time you are looking for a fermented addition, try out these ideas:
 - Create a *yogurt* parfait with fresh fruit and granola
 - Top your favorite salad with *kimchi* or *sauerkraut*
 - Opt for *tempeh* as a plant-based protein source
 - Add a few slices of *pickles* on your sandwich

Get your gut grooving!

Authored By: Erin Ormsby

Reviewed By: Marina Vineis, MS, RDN, RYT- Rutgers Dining Services

References: *Fermented Foods Can Add Depth to Your Diet*. Available at: <https://www.health.harvard.edu/staying-healthy/fermented-foods-can-add-depth-to-your-diet> Accessed on: Jan 19, 2022. *Fermented Foods: Definitions and Characteristics, Impact on the Gut Microbiota and Effects on Gastrointestinal Health and Disease* Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723656/> Accessed on: Jan 19, 2022. *The Facts About Fermented Foods*. Available at: <https://www.todaysdietitian.com/newarchives/0418p24.shtml> Accessed on: Jan 26, 2022

RUTGERS
Student Affairs

Dining Services

Instagram / Facebook / Twitter / @rutgersdining
food.rutgers.edu