

# FERMENTED FOODS - AN EVIDENCE UPDATE

WHILST FERMENTED FOODS HAVE BEEN PART OF OUR DIET FOR THOUSANDS OF YEARS, INTEREST IN THEM HAS INCREASED SIGNIFICANTLY IN RECENT YEARS. FROM KOMBUCHA IN CANS TO KIMCHI ON BURGERS, IT SEEMS THIS FOOD TREND IS HERE TO STAY.

ARE FERMENTED FOODS ACTUALLY AS BENEFICIAL FOR OUR HEALTH AS MAINSTREAM AND SOCIAL MEDIA WOULD HAVE US BELIEVE?



IN OUR LATEST BLOG, SOPHIE BELL, REGISTERED DIETITIAN, DIVES INTO THE LATEST EVIDENCE AROUND FERMENTED FOODS



FOR HEALTHCARE PROFESSIONALS ONLY