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## Fermented Foods and Their Health Benefits

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### Message from the Guest Editor

Fermented foods and beverages are gaining great attention due to their natural, nutritional, and functional utility for the promotion of health. Fermented foods are rich in probiotic bacteria, and their consumption enriches the pool of beneficial bacteria and enzymes in the intestine, thereby increasing the health of gut microbiome and digestive system and enhancing the immune system. Various studies have reported that fermented food are probiotic-rich with potential health benefits. These observations emphasize the need to study the effect of fresh produce and fermented products in relation to gut microbiota diversity to better take advantage of their health benefits.



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**Special** Issue



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## Message from the Editor-in-Chief

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