



## Fermented Foods and Health

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### Message from the Guest Editor

Dear Colleagues,

Fermented foods are the rising dietary trend with many health-promoting claims attributed to them. Representing the earliest form of food biotechnology, fermented foods have been consumed across the globe and have stood the test of time as they are nutritious and beneficial for health.

However, today's scientific tools allow the in-depth investigation of the proposed health benefits and the components within fermented foods that may contribute to them. Is it the high content of nutritional fibre? Is it the consumption of probiotics? Furthermore, are there any health risks in consuming fermented foods?

This Special Issue will focus on the different health benefits associated with fermented foods, from increasing gut microbiome diversity, improving immunity, and reducing chronic diseases to improving mental health. We aim to cover the evidence for the proposed benefits and the factors within fermented foods that are responsible for them. Furthermore, this Issue will address the risks involved in consuming fermented foods including the occurrence of mycotoxins.

Dr. Gal Winter

*Guest Editor*





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