



## **Beneficial Microbes in Fermented and Functional Foods**

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In recent years, the potential health benefits of fermented and functional foods have made them increasingly popular among consumers. A complete overview of the physiology and functional aspects of microbes present in fermented foods and used as functional foods, **Beneficial Microbes in Fermented and Functional Foods** explores recent advances and progress made in developing fermented and functional foods using molecular biology techniques. With contributions from international experts, the book explores advances in food technology with the prospective applications of microorganisms and their metabolites that can increase opportunities to develop natural substances as food and food ingredients in fermented and functional foods.

Divided into four sections and containing 30 chapters, the book takes an in-depth look at the role of microbes and their diversity in traditional and modern fermented and functional foods. It also examines the interaction between the different microflora present in fermented food products, development of starter cultures to improve the nutritional and sensory quality of fermented foods, and factors and processes affecting the safety of various fermented foods. The text then covers application of microbes present in fermented foods and used as functional foods—probiotics, prebiotics, and synbiotics. It explains the different bacteria and strains used as probiotics, their interaction with the other intestinal flora in the host, the health benefits conferred by them, and risks associated with their consumption.

The focus on progress and challenges in the technology development of probiotics, prebiotics, and synbiotic preparation makes this book especially useful. The complete and comprehensive overview of the physiology and functional aspects of the microbes present in fermented foods and used as fermented foods gives you a firm foundation for future research and development of new products and uses.

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