- Fermentation / Digestion

Fermented food is one key way to improve how you feel inside

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Fermented food is a gut health powerhouse, and incorporating it into your diet can even become a fun new hobby.

Dietitian and nutritionist Jemma O'Hanlon said the technique had been used for thousands of years as a way to preserve food, but the benefits went beyond food safety, as fermented dishes often contained beneficial bacteria that supported a healthy gut.

She has shared some that people can include in their diets – including sourdough bread, made using a sourdough starter loaded with good bacteria.

"Although the baking process tends to kill off most of the live cultures in the dough, sourdough bread has a low glycaemic index, prebiotics and is often better tolerated due to the fermentation process," Ms O'Hanlon said.

"Choose wholemeal or wholegrain sourdough for optimal benefits, or better yet make your own at home."

SAUERKRAUT

A fermented food made of thinly sliced cabbage, sauerkraut made a delicious condiment, she said.

"It also provides gut-loving fibre," she said. "Top your salad with it or add it as a side to your next meal.

"It also goes well in a toasted sandwich with cheese."

KIMCHI

Kimchi is a Korean side dish, made by salting and fermenting vegetables such as cabbage and radish, alongside ingredients such as onion, garlic and red pepper. Ms O'Hanlon said kimchi contained lactic acid bacteria and was rich in dietary fibre and polyphenols, which did wonders for our gut health.

KOMBUCHA

Kombucha is a fermented iced tea made with a SCOBY (symbiotic culture of bacteria and yeast).

Ms O'Hanlon said it was easy to make at home with a SCOBY, a big batch of tea and some sugar, which was required for fermentation.

"it is a healthier alternative to soft drink," she said.