

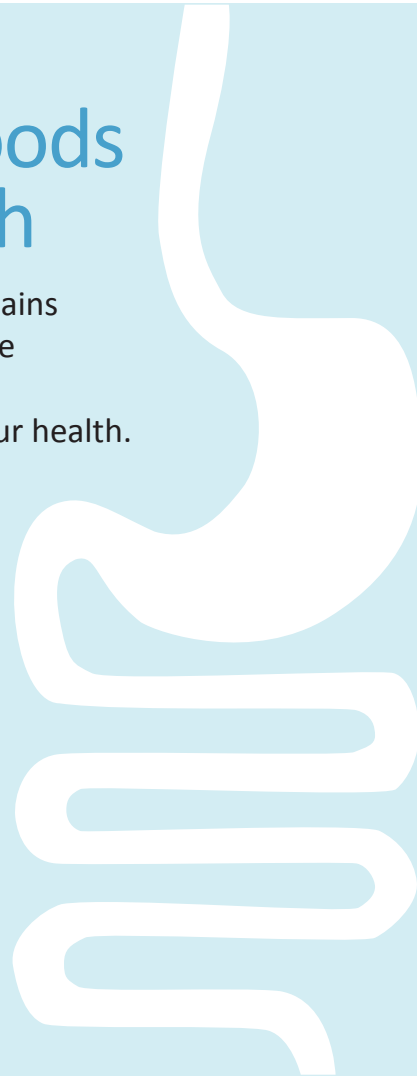
Fermented foods and gut health

The human digestive tract contains 100 trillion bacterial cells. These bacteria, termed our intestinal microbiota, are important to our health.

Modern practices such as sanitation, antibiotic use, caesarean birth, formula feeding and eating foods devoid of live cultures, may be leading to a poorly functioning intestinal microbiota.

Fermented foods containing living cultures add beneficial bacteria to the digestive tract.

Fermented foods may benefit human health by reducing risk for some acute and chronic diseases and helping maintain a healthy intestinal microbiota.



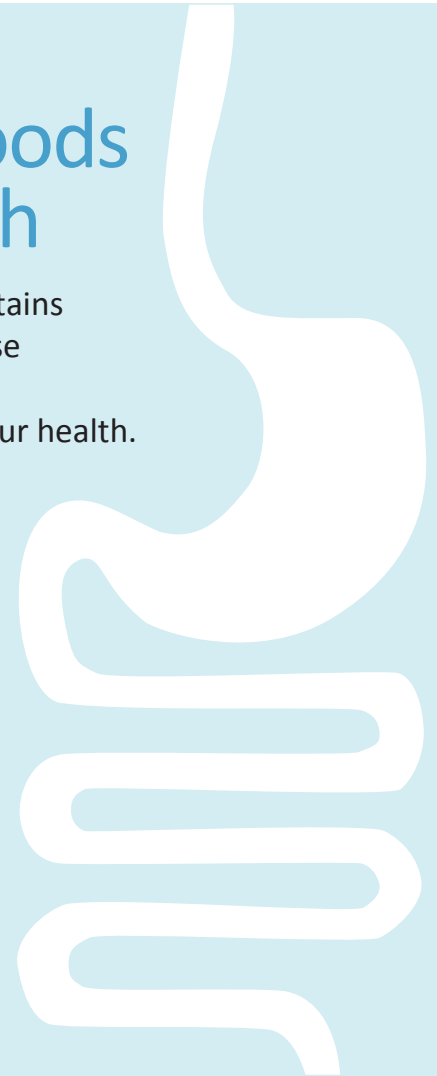
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SOURCE: INTERNATIONAL SCIENTIFIC ASSOCIATION FOR PROBIOTICS AND PREBIOTICS



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For more information visit [ISAPPscience.org/fermented-foods](https://www.isappscience.org/fermented-foods) or follow them on Twitter @ISAPPscience

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