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peptides from fermented foods and health promotion; 3.1 Introduction; 3.2 Release of bioactive peptides during microbial fermentation 3.3 Bioactive peptides in fermented dairy and soy products 3.4 Bioactive peptides in health promotion; 3.5 Conclusions and future trends; References; 4 - Conjugated linoleic acid production in fermented foods; 4.1 Introduction; 4.2 Basic knowledge of conjugated linoleic acid (CLA); 4.3 CLA content of unprocessed food ingredients; 4.4 Factors influencing the CLA content of raw materials, and the effect of animal diet on CLA content of milk and meat; 4.5 CLA content of fermented food products; 4.6 Health effects of CLA; 4.7 Future trends; References 5 - Effect of fermentation on the phytochemical contents and antioxidant properties of plant foods 5.1 Introduction; 5.2 Effect of fermentation on phytochemical profiles of plant foods and the bioavailability of nutrients; 5.3 Effect of fermentation on antioxidant properties of plant foods; 5.4 Health-promoting effects of fermented plant foods: a case of phytochemical and antioxidant property changes; 5.5 Conclusions; References; 6 - Traditional cereal fermented foods as sources of functional microorganisms; 6.1 Introduction; 6.2 Food fermentation processes 6.3 Antimicrobial proteins isolated from boza-related lactic acid bacteria 6.4 Fermented cereal-based food from Africa and Latin America; 6.5 Starter cultures and cereal-based fermented food; 6.6 Cereal-based probiotic foods; Acknowledgements; References; Part Two - Fermentation microbiology; 7 - Advanced methods for the identification, enumeration, and characterization of microorganisms in fermented foods; 7.1 The fermented food microbial ecosystem; 7.2 Culture-dependent methods; 7.3 Culture-independent methods: diversity in microbial communities 7.4 Culture-independent methods: metabolic activity in microbial communities

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## Sommario/riassunto

Fermentation is used in a wide range of food and beverage applications, and the technology for enhancing this process is continually evolving. This book reviews the use of fermentation in foods and beverages and key aspects of fermented food production. Part one covers the health benefits of fermented foods. Part two includes chapters on fermentation microbiology, while part three looks at ways of controlling and monitoring the quality and safety of fermented foods. Part four covers advances in fermentation technology. Finally, part five covers particular fermented food products.

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