

Beneficial Microorganisms and their Importance in our Diet: Brief Note

Quin Polo*

Department of Food and Environment, Montpellier SupAgro University, Montpellier, 34060, France

DESCRIPTION

Microorganisms are microscopic living organisms that can be found in almost every environment on Earth, including in our bodies and in the food we eat. While many of us associate microorganisms with harmful bacteria and infections, not all microorganisms are bad for us. These microorganisms are known as beneficial microorganisms or probiotics, and they play an important role in maintaining a healthy diet and digestive system.

Some beneficial microorganisms

Beneficial microorganisms are living organisms that have a positive effect on our health when consumed. They are also known as probiotics, which are defined as "live microorganisms that, when administered in adequate amounts, confer a health benefit on the host" by the World Health Organization (WHO). Probiotics are commonly found in fermented foods such as yogurt, kimchi, sauerkraut, kefir, and kombucha.

There are several different strains of beneficial microorganisms, each with its own unique health benefits. Some of the most common strains of beneficial microorganisms include:

Lactobacillus acidophilus: This strain is commonly found in yogurt and other fermented dairy products. It is known to help improve digestion and strengthen the immune system.

Bifidobacterium bifidum: This strain is found in many types of fermented foods and can help support a healthy digestive system.

Streptococcus thermophilus: This strain is commonly used to make yogurt and other fermented dairy products. It can help improve digestion and boost the immune system.

Benefits of beneficial microorganisms in food

Consuming foods that contain beneficial microorganisms can have several positive effects on our health. Some of the most common benefits of consuming probiotics include:

Improved digestion: Beneficial microorganisms can help improve digestion by balancing the levels of bacteria in the gut.

This can help reduce symptoms of digestive disorders such as bloating, gas, and constipation.

Boosted immune system: Beneficial microorganisms can help boost the immune system by stimulating the production of antibodies and other immune cells. This can help protect against infections and illnesses.

Reduced inflammation: Some types of beneficial microorganisms have anti-inflammatory properties, which can help reduce inflammation throughout the body. This can help improve symptoms of inflammatory conditions such as arthritis and inflammatory bowel disease.

Improved mental health: There is evidence to suggest that consuming probiotics can have a positive effect on mental health by reducing symptoms of depression and anxiety.

Weight management: Some types of beneficial microorganisms have been shown to help with weight management by reducing appetite and increasing feelings of fullness.

Foods that contain beneficial microorganisms

There are several types of foods that contain beneficial microorganisms, including:

Yogurt: Yogurt is one of the most popular sources of probiotics. Look for yogurt that contains live and active cultures to ensure that it contains beneficial microorganisms.

Sauerkraut: Sauerkraut is a fermented cabbage dish that is popular in Germany and other parts of Europe. It is a good source of beneficial microorganisms and can help improve digestion.

Kombucha: Kombucha is a fermented tea drink that contains a variety of beneficial microorganisms. It has become increasingly popular in recent years as a health drink.

Miso: Miso is traditional Japanese seasoning made from fermented soybeans. It is a good source of beneficial microorganisms and can be added to soups and other dishes for added flavor and health benefits.

Correspondence to: Quin Polo, Department of Food and Environment, Montpellier SupAgro University, Montpellier, 34060, France, E-mail: Loquin@111.fr

Received: 05-Apr-2023, Manuscript No. JFMSH-23-23645; **Editor assigned:** 07-Apr-2023, Pre QC No. JFMSH-23-23645 (PQ); **Reviewed:** 21-Apr-2023, QC No. JFMSH-23-23645; **Revised:** 28-Apr-2023, Manuscript No. JFMSH-23-23645 (R); **Published:** 05-May-2023, DOI: 10.35248/2476-2059.23.8.199.

Citation: Polo Q (2023) Beneficial Microorganisms and their Importance in our Diet: Brief Note. Food Microbial Saf Hyg. 8:199.

Copyright: © 2023 Polo Q. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Tempeh: Tempeh is a traditional Indonesian food made from fermented soybeans. It is a good source of protein and beneficial microorganisms.

It is important to note that not all fermented foods contain beneficial microorganisms. For example, beer and wine are fermented but do not contain probiotics.

Probiotic supplements

In addition to consuming foods that contain beneficial microorganisms, probiotic supplements are also available. These supplements come in the form of capsules, tablets, powders, and liquids. They contain a concentrated dose of beneficial microorganisms and can be a convenient way to ensure that you are getting enough probiotics in your diet.

Potential risks of beneficial microorganisms

While beneficial microorganisms are generally safe for most people to consume, there are some potential risks associated with their consumption. These risks are generally rare and mild, but it is important to be aware of them.

Infection: In rare cases, probiotics can cause infections in people with weakened immune systems or underlying health

conditions. It is important to talk to your doctor before taking probiotics if you have a compromised immune system or a chronic illness.

Digestive issues: Some people may experience mild digestive issues such as gas, bloating, or diarrhea when they first start consuming probiotics. These symptoms usually go away on their own within a few days.

Allergic reactions: In rare cases, people may have an allergic reaction to probiotics. Symptoms of an allergic reaction may include itching, hives, or difficulty breathing. If you experience any of these symptoms after consuming probiotics, seek medical attention immediately.

CONCLUSION

Beneficial microorganisms, or probiotics, play an important role in our diet and digestive health. Consuming foods that contain these microorganisms can have several positive effects on our health, including improved digestion, boosted immune system, reduced inflammation, improved mental health, and weight management. Fermented foods such as yogurt, kefir, kimchi, sauerkraut, kombucha, miso, tempeh, and pickles are all good sources of probiotics.