

The Finest Vegan Probiotics: Where Humans Acquire More Probiotics

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DESCRIPTION

Probiotic foods boost gut health, which has a positive impact not only on digestion but also our general health. Although many foods strong in probiotics are dairy-based, vegetarians can benefit from these gut-building bacteria by using plant-based probiotics. So far, those yoghurt commercials have promoted exaggerated claims about their high probiotic content and gut-health benefits. Healthy probiotic foods support guts microbial balance, which aids digestion and has a positive impact on the rest of our body systems. Many foods with natural probiotic characteristics are made using milk, which might be an issue for vegetarians who primarily eat plant-based diets. Probiotics are microorganisms, bacteria and yeast that live naturally in our body. Human body contains a mixture of both beneficial bacteria and harmful bacteria to form microbiome. We cannot completely stop the harmful bacteria from entering the body, if the good bacteria (probiotics) have a strong presence in our body, they can help fight and reduce the pathogenic bacteria. The main probiotics may find in foods or probiotic supplements are *Lactobacillus* bacteria, *Bifidobacterium* bacteria, and *Yeast Saccharomyces boulardii*.

Probiotics have some different useful benefits in our body. Here are the best functions of probiotics in our body: Improving digestion and reducing gut problems like diarrhea and constipation, strengthening the immune system to better fight infection and disease, improving mental health symptoms like depression, through gut-mind connection. Promotes healthy metabolism and healthy skin. If we think a gut is well balanced, it is still important to continue taking vegetarian probiotics to get all the benefits mentioned above and to maintain the balance of our microbiome. Kombucha, affectionately known as Booch by its devoted followers, is a fermented, fermented tea drink with a sweet and mildly acidic taste. The hardened tea is mixed with sugar and fermented over time using SCOBY or symbiotic bacteria and yeast culture. After a few weeks, SCOBY consumes a lot of sugar and releases acetic acid, active enzymes, polyphenols and vitamin C. This dairy-free probiotic is a traditional Chinese drink widely available in most grocery stores

in North America Flavors. However, we can also try to make our own at home with the SCOBY starter kit.

Kimchi is a spicy Korean delicacy used as a side dish on every breakfast, lunch and dinner table in Korea. The common ingredients in kimchi are cabbage, carrots, garlic, ginger, salt and pepper, and this is one of the most delicious ways to add a healthy dose of flavor, spice and probiotic foods. Vegetarian dieters should read the Kimchi labels closely, as some brands contain fish sauce, but making your own at home can also be effortless. Eat a small bowl of kimchi yourself or add it to fried rice, stew-fries and plenty of other delicious dishes.

Slaughter thick, sour cabbage in vegan bratwurst, sandwiches and delicious soups. Although it is associated with German culture and cuisine, sauerkraut, like every other probiotic food on this list, was created in Asia, especially in China. If you buy sauerkraut, make sure you get the unpasteurized type, because pasteurization kills the most useful bacteria in the hot jar. It is very easy to make at home and requires only two ingredients namely cabbage and salt. The chopped cabbage and salt sit in a sealed jar and allow the lacto-fermentation process to convert the cabbage sugars into lactic acid due to lack of oxygen. It contains good bacteria, potassium, vitamin C and vitamin K.

Miso is a fermented soybean paste that is a staple in Japanese cuisine. You can use this salty, umami-flavored food in dressings, sauces, marinades and simple yet delicious Japanese miso soups. Miso paste comes in more than 1,000 varieties with different ingredients, different fermentation times and different fermentation conditions. White or light miso is sweeter because it has less fermentation time and more sugar, while red miso is funky, spicy and salty. This Uber-healthy option is high in B vitamins and antioxidants needed to fight free radicals. When cooking with miso, use a low-medium temperature, as high temperatures will kill the beneficial bacteria in it.

Tempeh is similar to soy, which is a block of pressed soybeans, but the main difference between the two products is the fermentation process, which gives the tempeh probiotic content. Tofu contains bean curds from cooked soy milk, while tempeh is a whole soybean product that largely maintains its original

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nutrition. Soybeans are boiled, wrapped in leaves, fermented naturally to form tempeh blocks that are bound with beneficial mold. Tempeh's serving contains healthier unsaturated fats than tofu, making it one of the more nutritious vegan fat sources. Tempeh has high protein content and is rich in B vitamins, calcium, manganese and iron. The tempeh is nutty and salty, making it an excellent bacon substitute with lovely umami quality. Eat tempeh in sandwiches, salads and stew-fries.

The sourdough starter separates the bread from the rest, using a combination of fermented water and flour to ferment natural probiotics in the air over the counter. Mild sour taste and high dose of gut-friendly probiotics just eat freshly sliced sorghum or make a wonderful sandwich with it. Read your labels closely, they are exceptionally made without the sour ingredients purchased in some stores.

Lacto-Fermented Probiotics Sauerkraut, probiotic pickles are made by lacto-fermentation, used in a sealed jar of shredded

vegetables, salt and water. Adding heat to the mixture speeds up the process because most bacteria like heat. It is important to distinguish between most store-bought pickles and lacto-fermented ones.

CONCLUSION

Most store-bought varieties contain vinegar in their brine, which kills any bacteria in the jar. When buying store-bought pickles, your best bet is to read the labels closely and look for jars with cloudy brine that are not as crystal clear. Dairy products are not the only way to provide plenty of probiotics plant-based milk, like substitutes offer the same gut-strengthening benefits. Soy and nut milk contain some natural probiotics and many manufacturers add active probiotic cultures to give a double dose. The best vegetarian probiotics everyone should try to include some of these foods in their daily diet to get the benefits and keep them healthy.