



Kefir - a step to a healthy lifestyle
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Fermented foods and drinks such as miso, natto, kombucha, kimchi and tempeh have been proven beneficial to the human body. Previous studies showed that fermented products bring probiotic effects. For instance, they can reduce lactose intolerance, support the immune system, and improve digestive system health. Kefir is one of the fermented beverages cultured with kefir grains, the cauliflower-like grains with a complex symbiotic community inside. There are two different types of kefir - milk kefir and water kefir.

Milk kefir is a fermented milk drink containing probiotics and yeasts. Many people think it is similar to greek yoghurt. However, milk kefir has more probiotic strains than Greek yoghurt. The consistency of milk kefir is thinner than greek yoghurt. Although milk kefir is considered a dairy product, people who are lactose-intolerant can enjoy it as the lactose is turned into lactic acid by the kefir grains. In addition, milk kefir is high in protein, potassium, magnesium and calcium other than probiotics.

Water kefir is a different beverage compared to milk kefir. Water kefir is dairy-free and can be fizzy like a soda. It is a sparkling and acidic fermented drink cultured with water kefir grains and dried fruits. Unlike milk kefir which fer-

ments lactose, water kefir ferments sucrose and produces a sour flavour.

Both milk kefir and water kefir contain numerous probiotic strains and ethanol. The level of ethanol and probiotic strains can vary depending on the production method. However, the Lactobacillus and Bifidobacterium species can always be found in kefir drinks. Consuming kefir drinks can boost our immune system and support a healthy gut environment. It is a step closer to a healthy lifestyle!

