

According to a new scientific study, sauerkraut can protect the intestinal wall from inflammation. Moreover, under laboratory conditions, this product was found to be more beneficial than sauerkraut brine or raw cabbage.

Researchers from the University of California, Davis, aimed to determine the difference between raw cabbage and sauerkraut in terms of health benefits. The findings of this study were published in ***Applied Environmental Microbiology***.

The researchers discovered that all samples of sauerkraut (store-bought and homemade) helped protect intestinal cells from inflammation. However, sauerkraut brine and raw cabbage did not have the same effect.

The study confirmed that fermentation fundamentally alters the bioactive composition of foods and beverages. These changes can influence the digestive tract.

News materials should not be considered a substitute for professional medical advice. Before making any decisions, consult a specialist.