

# Intake of Fermented Vegetables and Inflammatory Markers in Women: A Pilot and Feasibility Clinical Study

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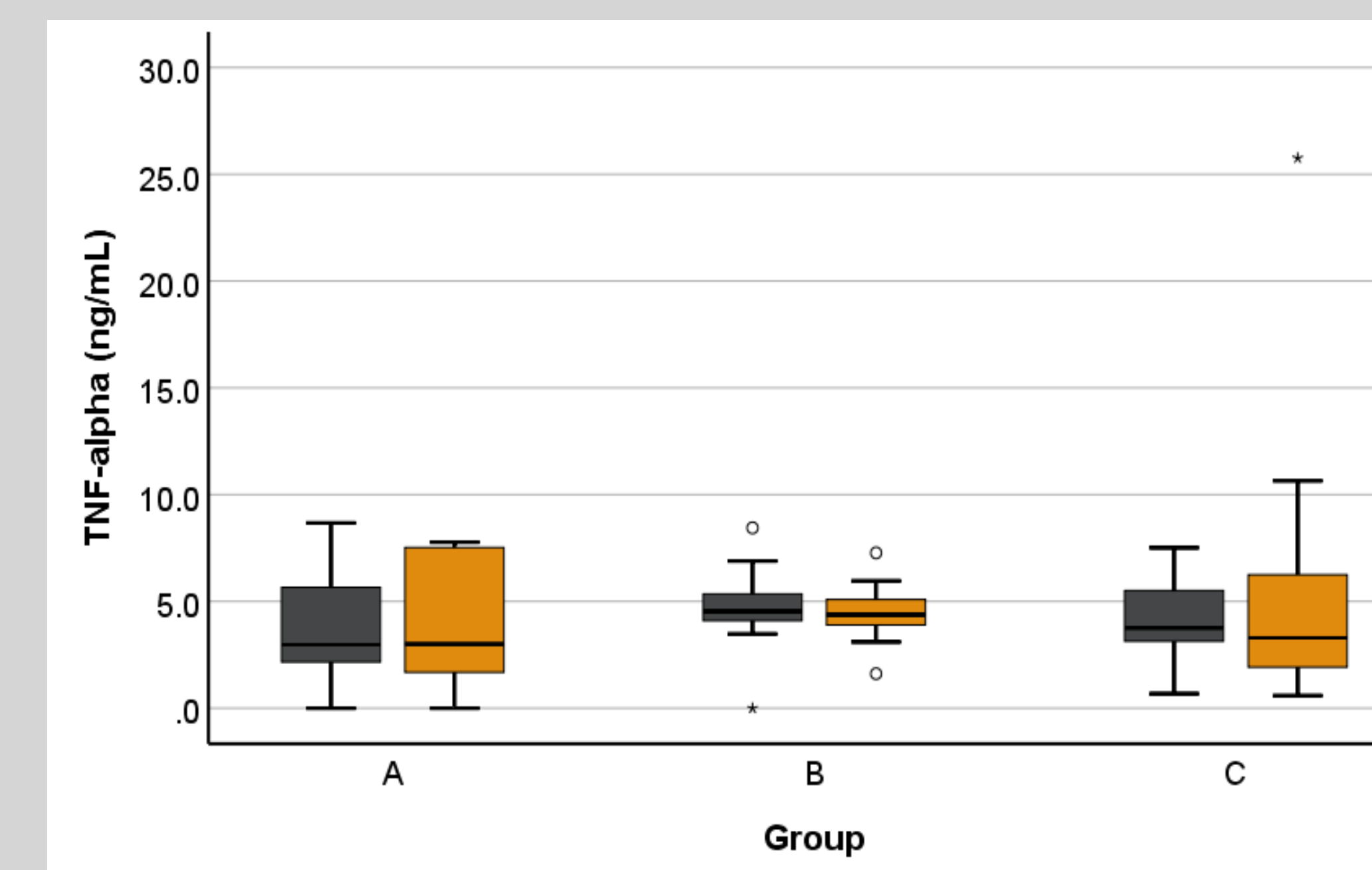
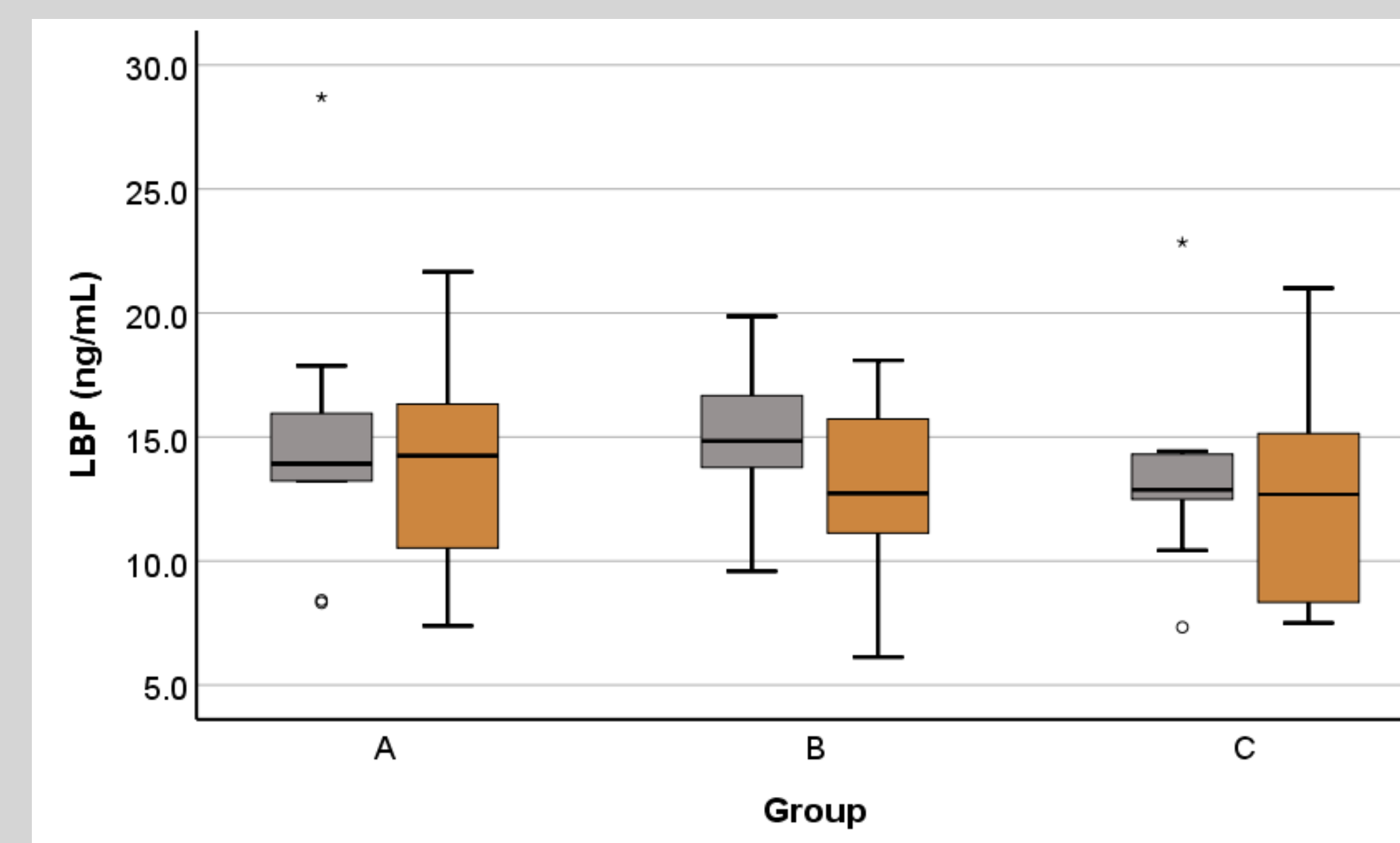
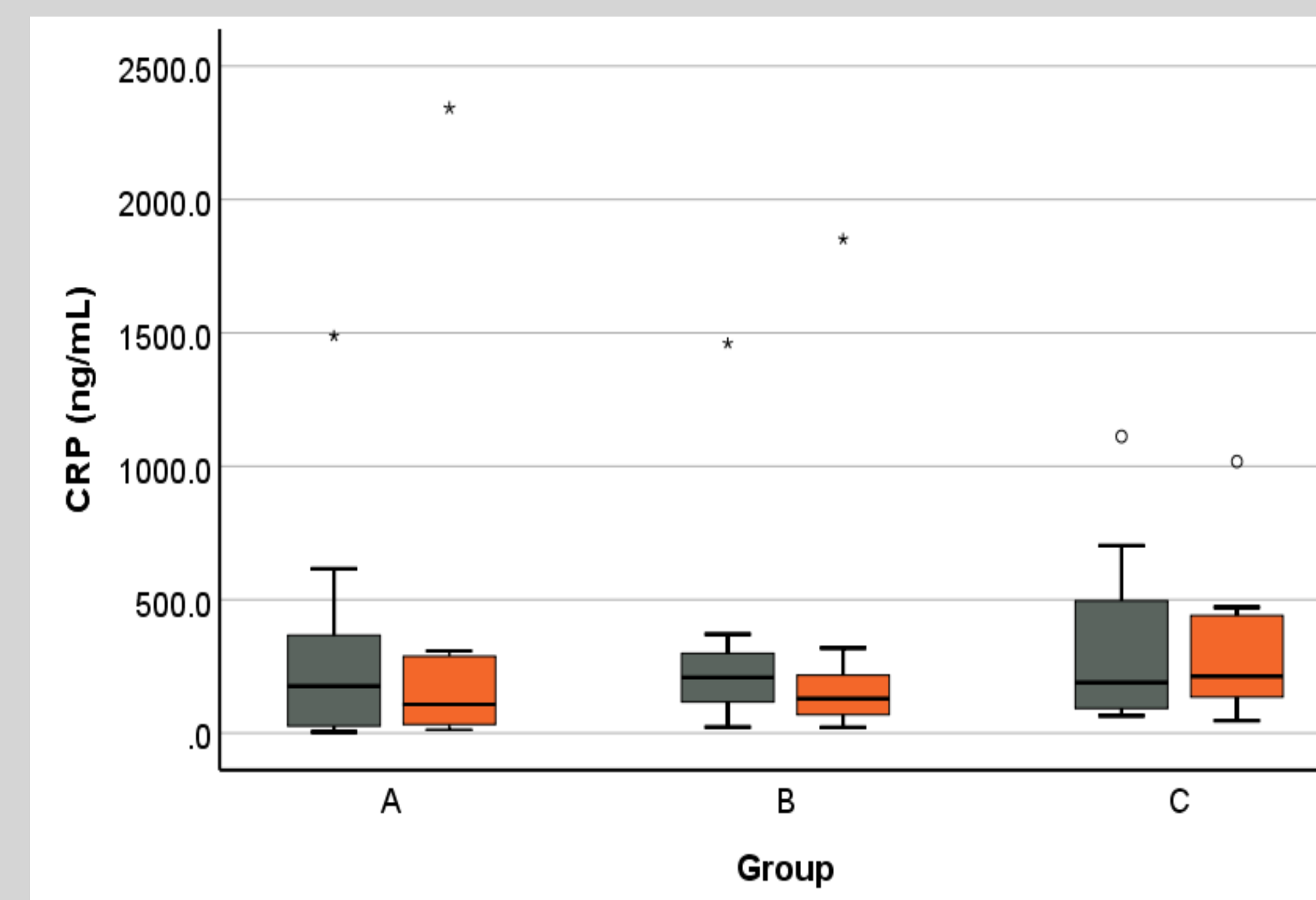
## BACKGROUND

- There have been few studies examining the effects of fermented foods conducted in the United States, likely due to the low consumption of fermented vegetables.
- Korean studies have suggested kimchi may have different effects on metabolic parameters.
- The purpose of this study was to examine the effect of regular fermented vegetable consumption on inflammatory markers.
- Study staff would conduct a screening interview to determine eligibility.

## METHODS

- Participants were randomized into one of three treatment groups: a fermented vegetable group (A, n=13), a non-fermented vegetable group (B, n=13), and a control group (C, n=10).
- Women in the vegetable groups were asked to consume 1/2 cup of vegetables (100 g) per day for 6 weeks while. Women randomized into the control group were asked to follow their usual diet.
- Biological samples including stool and blood samples were collected at baseline, before randomization and at the end of the 6-week intervention.

## RESULTS



## DISCUSSION

- The C-reactive protein levels decreased among those in the fermented vegetable group (A). The non-fermented vegetable group (B) also saw a decrease in CRP levels.
- LBP levels decreased in the non-fermented vegetable group (B). There were not significant changes between the other groups.
- TNF-alpha levels showed the same median results in pre and post measurements in the fermented vegetable group (A).

