

Lactic fermented foods in Africa and their benefits

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Abstract

Lactic acid fermentation is an important food processing technology in Africa. This technology is indigenous and is adaptable to the culture of the people. This paper reviews the different raw materials and microorganisms which are used in producing lactic fermented food products in Africa. The beneficial aspects of this technology for improving food safety in Africa as a low-cost method of food preservation and in improving the nutritional quality of the food raw materials are discussed. Areas of research needs to enhance further the benefits of this technology are highlighted.