



HealthFerm

Innovative pulse and cereal-based food fermentations for human health and sustainable diets

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# The HealthFerm project



Co-funded by  
the European Union

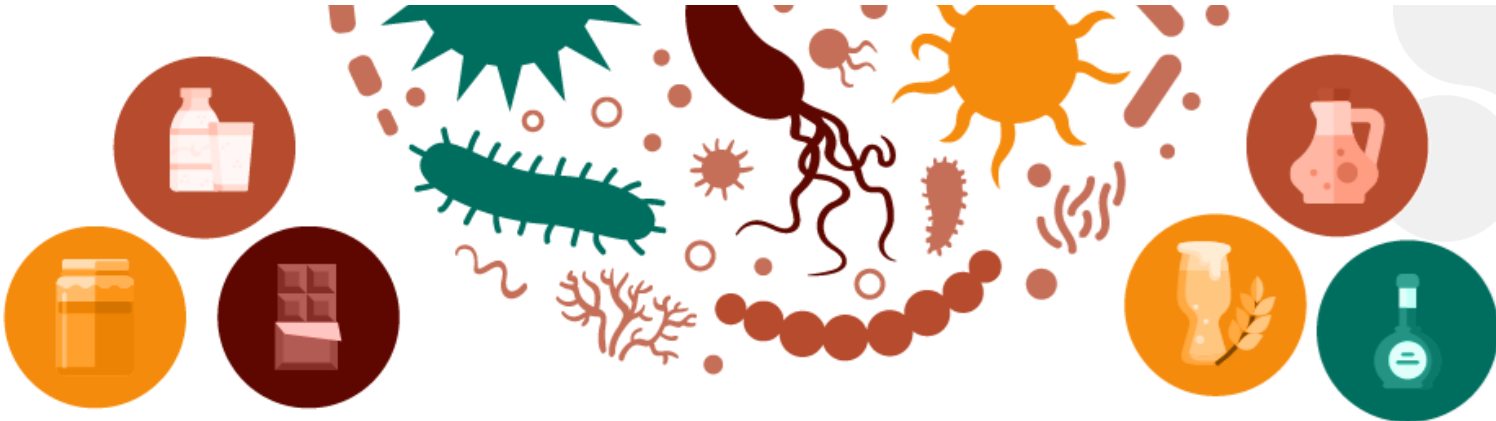


Schweizerische Eidgenossenschaft  
Confédération suisse  
Confederazione Svizzera  
Confederaziun svizra

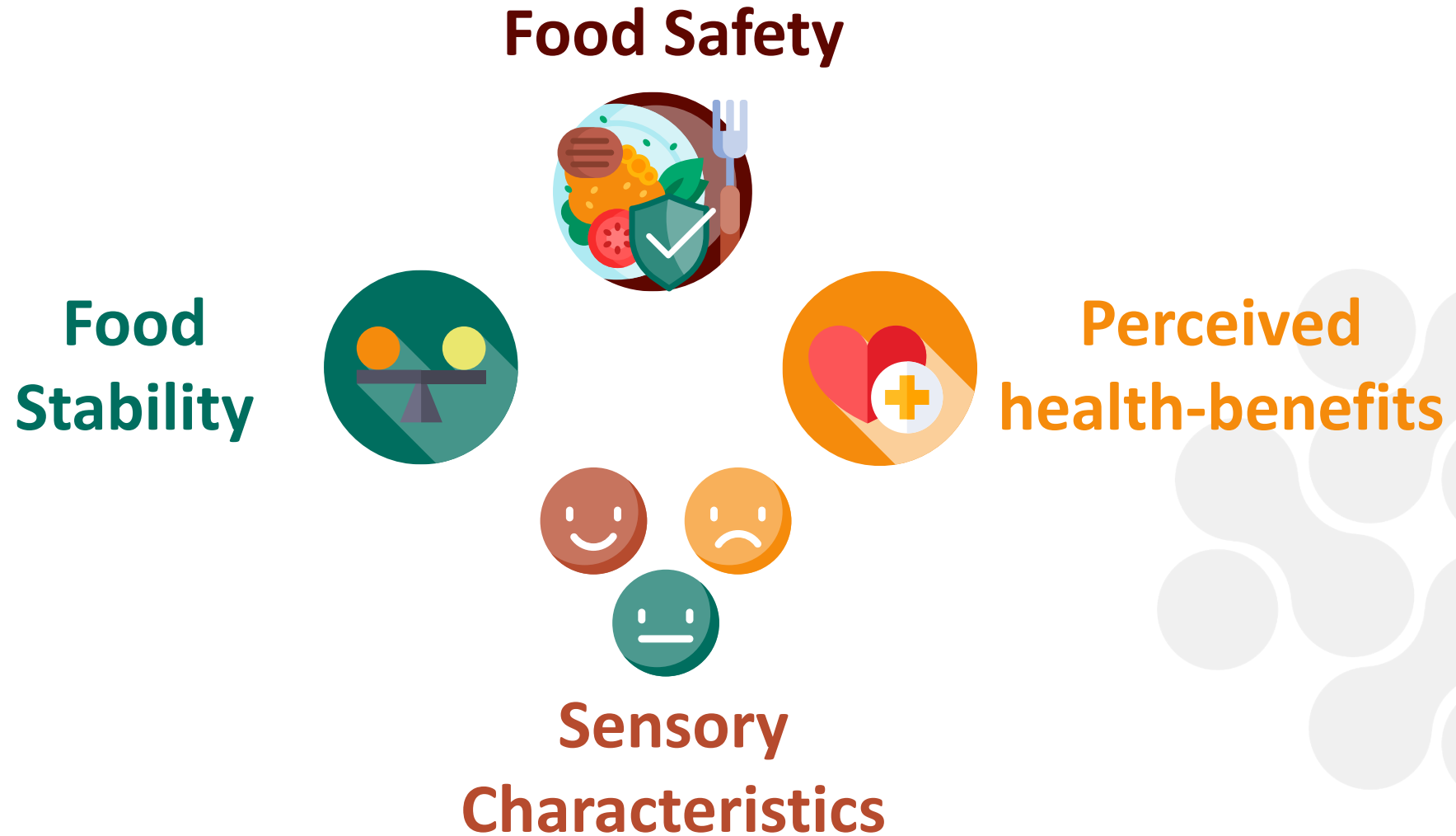
# Fermented foods



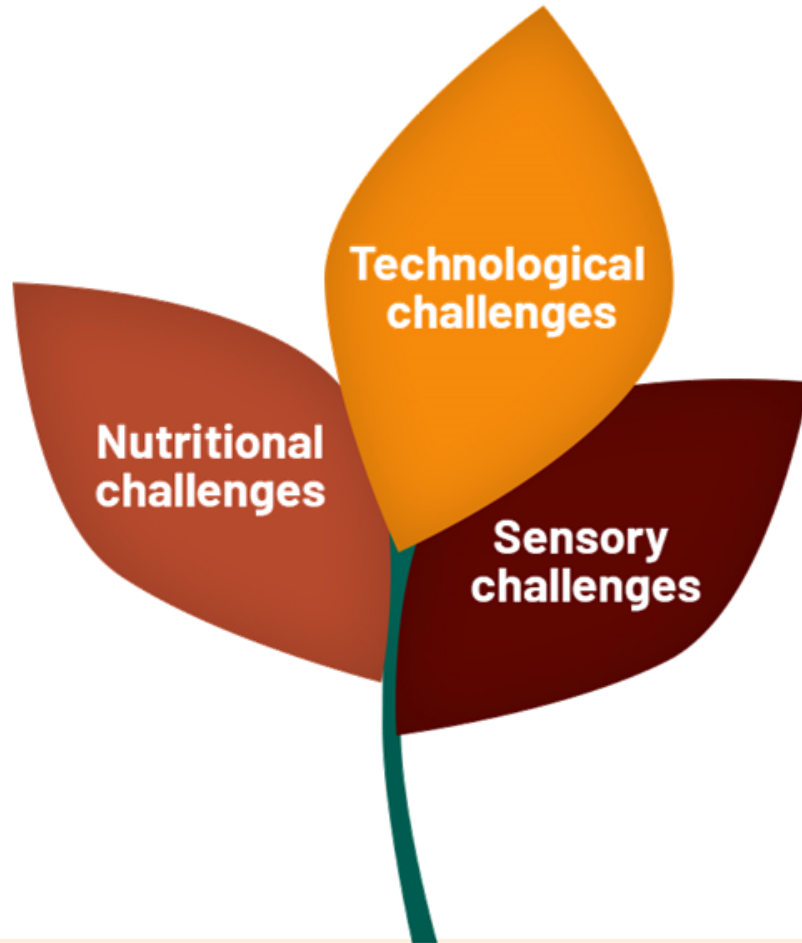
**Fermented foods and beverages are “foods made through desired microbial growth and enzymatic conversions of food components”.**



# The positive effects of fermented foods



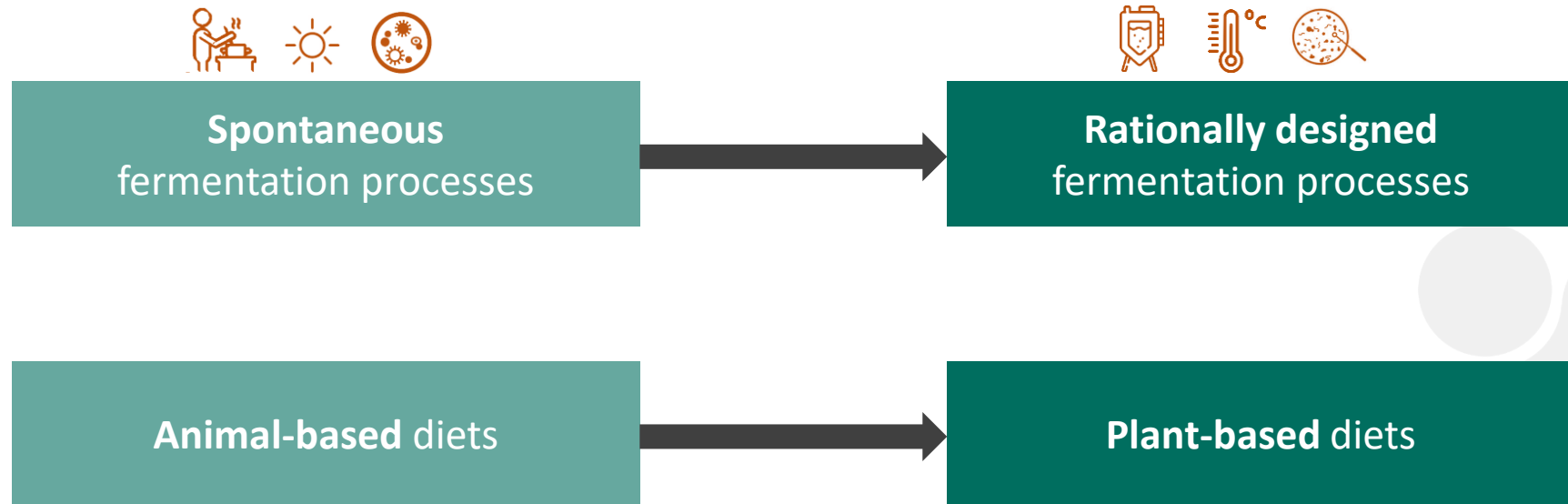
# Challenges of plant-based foods



- Low mineral bioavailability
- Low levels of vitamin B12
- Anti-nutritional factors
- Low solubility of plant proteins
- Poor techno-functionality of plant-based ingredients
- Off-flavours
- Food structure and texture

**Fermentation technology has the potential to overcome these challenges**

# Towards more sustainable healthy diets



# The HealthFerm project



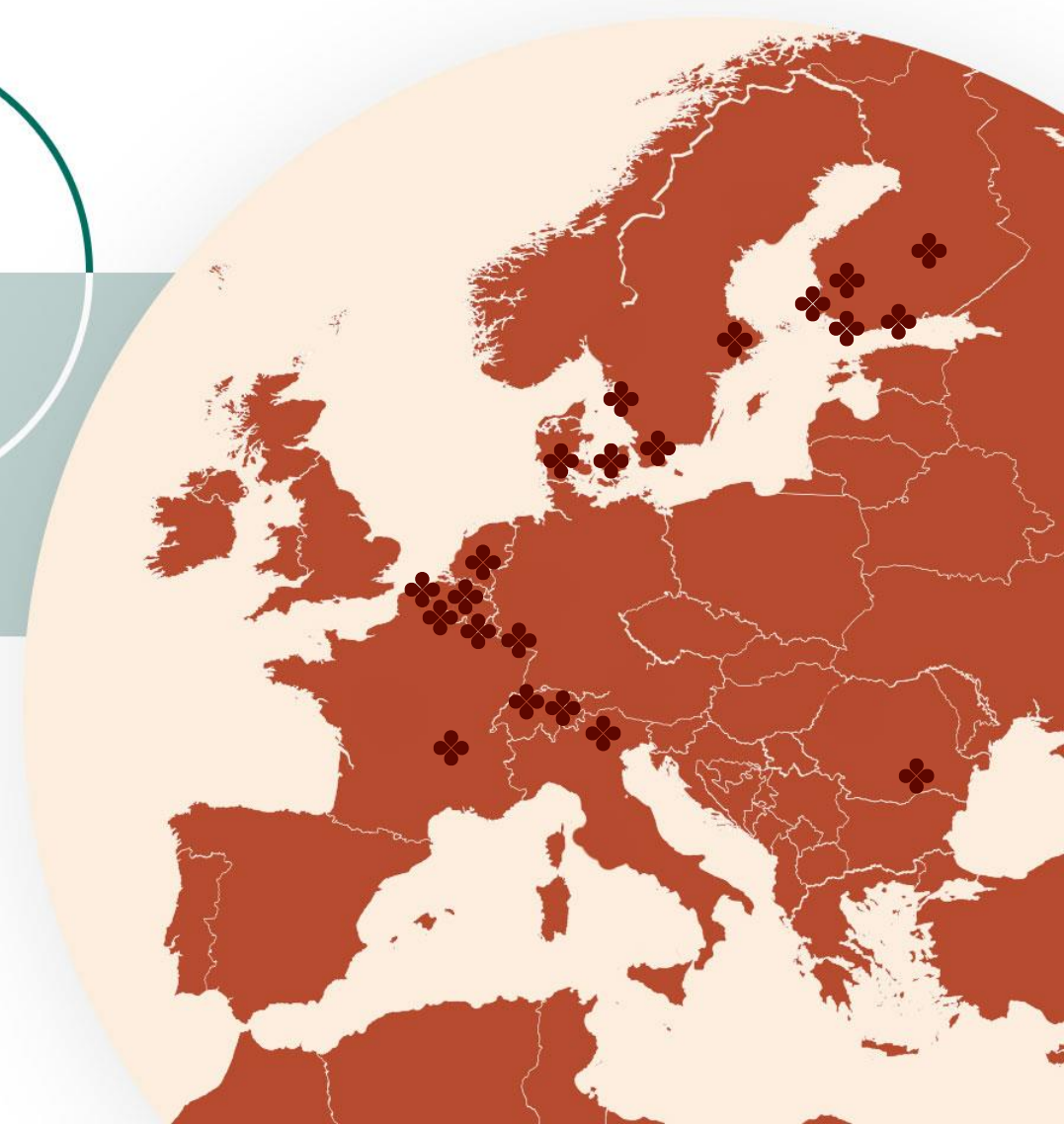
23 PARTNERS  
10 COUNTRIES



13.1 MIO €  
BUDGET



48 MONTH  
DURATION



Coordinator: **KU LEUVEN**



UNIVERSITY OF COPENHAGEN



UNIVERSITY OF HELSINKI



UNIVERSITY OF EASTERN FINLAND

CHR HANSEN

Improving food & health



UNIVERSITY OF TURKU



RESEARCH Science & Innovation



Freie Universität Bozen  
Libera Università di Bolzano  
Università Liedia de Bulsan



CHALMERS  
UNIVERSITY OF TECHNOLOGY



UMEÅ  
UNIVERSITY

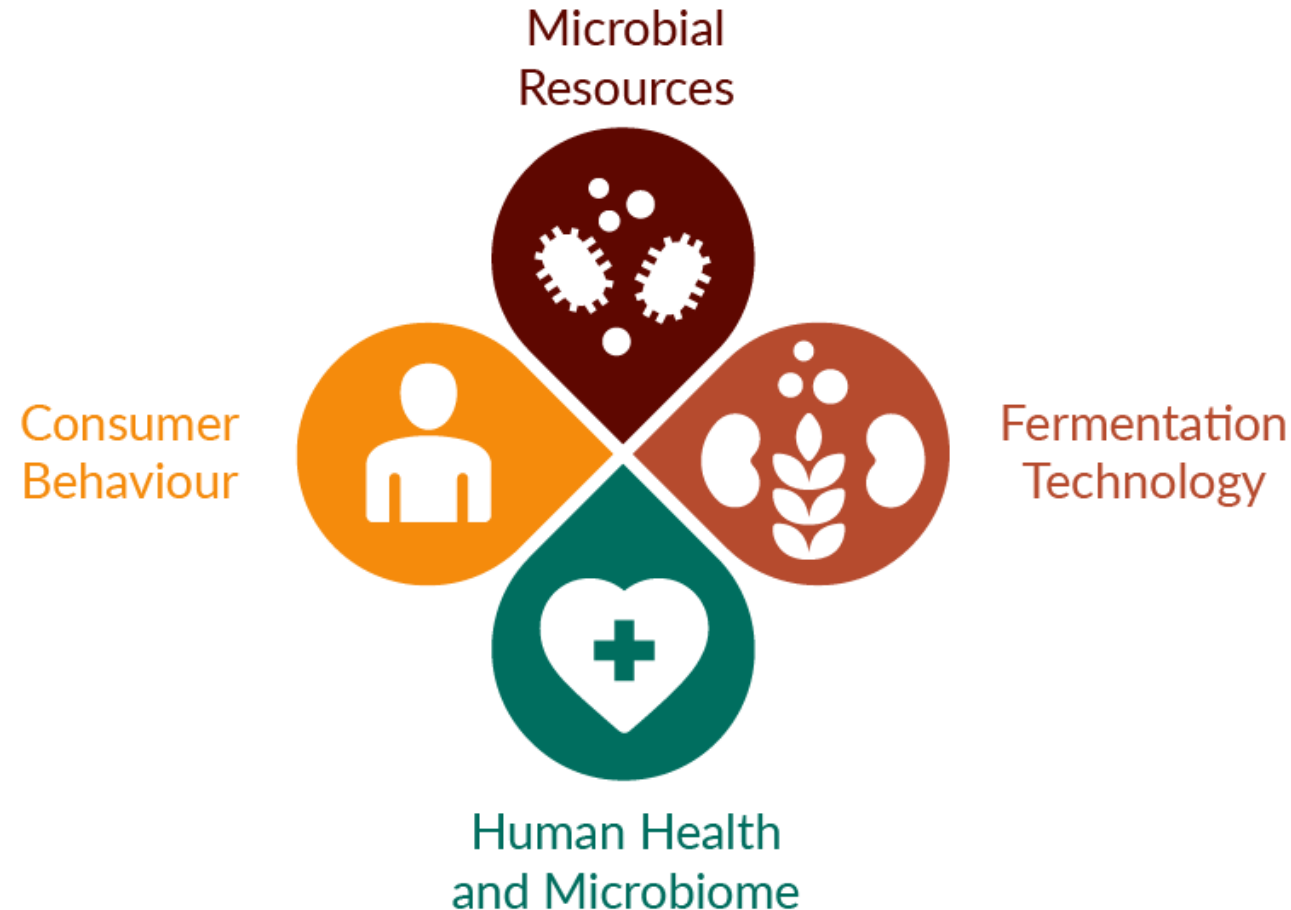


INTERNATIONAL ASSOCIATION FOR  
CEREAL SCIENCE AND TECHNOLOGY



EURICE

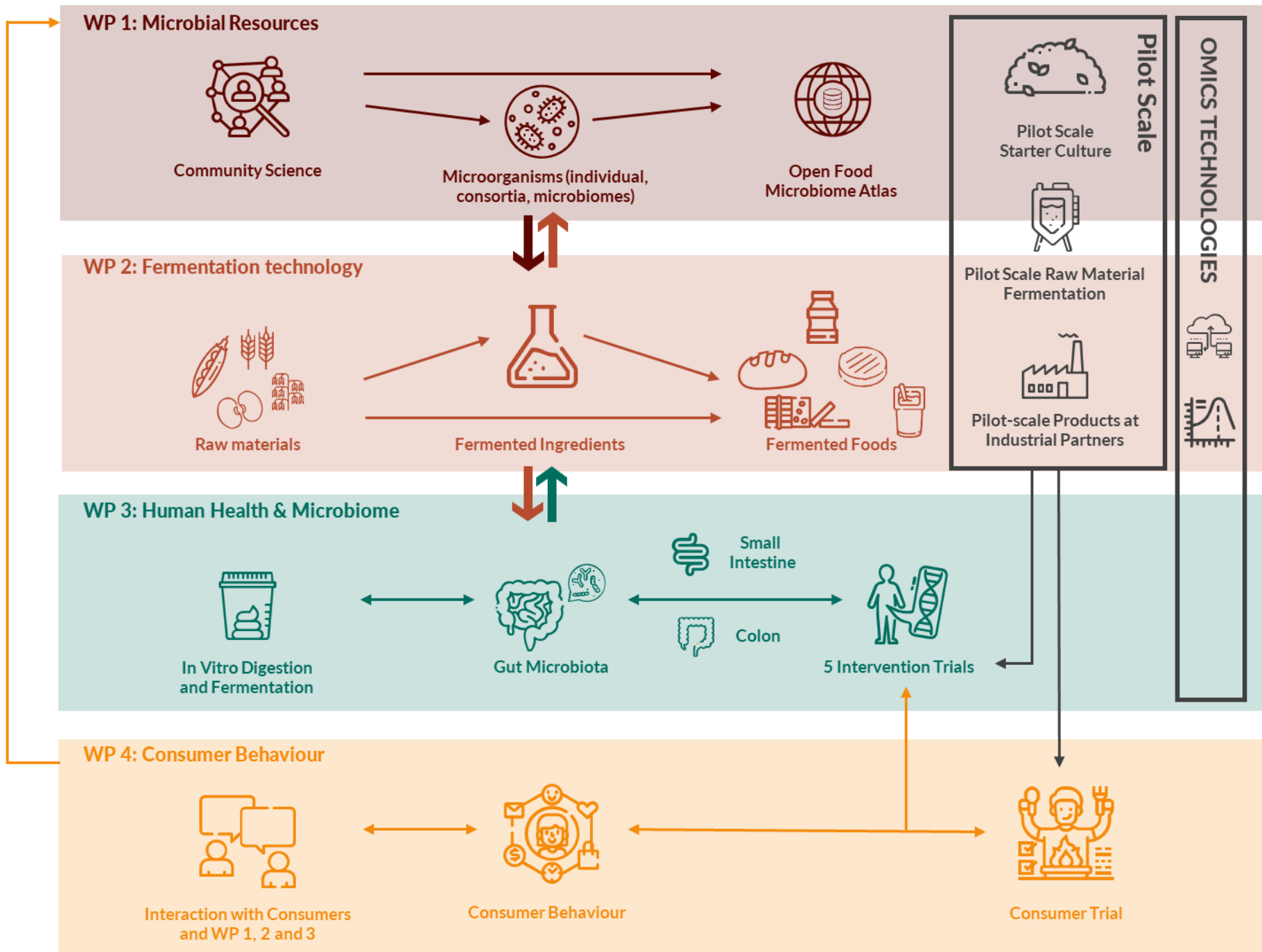
# The HealthFerm objective



HealthFerm aims to enable an **evidence-based** transition in society and industry from traditional to **sustainable plant-based fermented** foods and diets that deliver **health benefits** to consumers **by design**



WP 5: Scientific coordination and project management



WP 6: Maximising impact through C&D&E



Communication



Dissemination



Training



Ecosystem



Exploitation

## Facts & Figures 2024

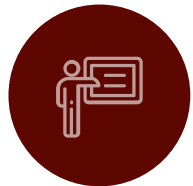


85.000 unique visitors on website since project start (between 2.500 and 6.800 unique visitors per month in 2024)



4 publications

25 international conferences attended since project start



3 webinars (Health aspects of FF, Consumer survey, Sourdough production)

1 Summer school & 1 PhD Workshop



2 events with Stakeholder Board (Yearly recap & Consumer survey presentation)

>3.200 followers in LinkedIn community



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