

# Kefir that used to help the fermentation

[Nutrition](#)



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Kefir is a fermented milk that has flavor, color, and consistency that similar with yoghurt and has a typical smell like tape. The difference between them are the type of microorganisms that used to help the fermentation process, yoghurt only uses one type of microorganism that is bacteria while kefir uses 2 types of microorganisms they are bacteria and yeasts. This yeast makes the smell of kefir similar to the smell of tape so kefir contains a little alcohol.

Kefir obtained from the fermentation process of pasteurized milk using a starter of kefir grains or kefir granule. Kefir is also called a super yoghurt, because kefir contains about 60 types of beneficial microbes that have many benefits such as maintaining body health, skin health, and can prevent dangerous diseases (Irfatun, 2015). One of the benefits from the kefir is maintaining body health because kefir contains many nutrition that is good for our bodies like vitamin D, vitamin K, calcium, protein, phosphorus, vitamin B, and magnesium. Kefir also contains many healthy bacteria that have many benefits like digestive health, breaking down fatty deposits and cholesterol in the body and helping improve body functions, including kidney and brain performance. Calcium in kefir is supplemented with vitamin K2, vitamin B9 and vitamin D which can prevent osteoporosis and help maintain bone density. Beside of that, kefir can also help improve immune function (Usmiati, 2007). The use of kefir can also provide benefit on skin health by utilizing kefir as a mask. Kefir is a natural antioxidant, it keeps the skin youthful and glowing.

It also prevents acne, psoriasis, wrinkles, and also can help the aging process to slow down by neutralizing the free radicals. Kefir also contains skin nutrition like vitamin C, vitamin E and others (Suhartanti, 2014). Kefir also <https://assignbuster.com/kefir-that-used-to-help-the-fermentation/>

can prevent dangerous disease like cancer, tumor, bronchitis, asthma, coronary heart disease, and the other dangerous disease.

kefircan inhibit the growth of cancerous cells and can prevent certain type ofcancers like colon cancer, breast cancer etc, and reduce the size of the tumorbecause kefir extracts have components that specifically target and stop thegrowth of human cancer. kefir Having benefits can help the thickening of theheart wall, then kefir can also be useful to prevent coronary heart disease(Irfatun 2015). Inconclusion, kefir is a probiotic drink made from fermented milk with the helpof kefir grains containing many beneficial microorganisms such as bacteria andyeast.

in its use, kefir has so many benefits such as maintain body health, skin health, and can prevent dangerous disease. it is because kefircontains many nutrients needed by the body like vitamin vitamin D, vitamin K, calcium, protein, phosphorus, vitamin B, vitamin K2, vitamin B9, anti oxidant, magnesium and others.