

# Korean KIMCHI

Kimchi is a fermented food made by mixing vegetables such as cabbage, radish, and cucumber with various seasonings (red pepper powder, garlic, ginger, green onion, radish, etc.).

If kimchi is fermented quickly, it may become sour due to lactic acid, but it is never spoiled.

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If one finds this iconic kimchi on the menu of every Korean restaurant, and on the table of every Korean family, it is because this lacto-fermented seasoning, most often composed by daikon, carrots, ginger, chili, wrapped in kimchi cabbage leaves, is rich in A, B1 and B2 vitamins, also calcium and iron and very low on calories.

According to the American magazine Health, this is one of the five most healthy dishes in the world, because it possesses amino acids and especially probiotics. These living micro-organisms, naturally present in certain foods that we unknowingly consume, such as yoghurts, cheese, sauerkraut and even salami, settle in with the bacterial flora and help digestion, while at the same time strengthening the immune system. They would also help to reduce cholesterol levels.

## THE ORIGIN OF KIMCHI — KOREA

Korean kimchi is in the spotlight as a global well-being food. Korea is the country of origin of Kimchi which was registered in 2001 in the international standard for food, CODEX. To distinguish Korean kimchi which is a proof of taste and trust recognized by the Korean government, a Kimchi character was created.



# The main benefits of **KIMCHI**



## 01. Immunity boost and virus suppression

Publication : Scientific Reports (01.2017)

Kimchi lactic acid bacteria are live probiotics that clean the intestine and help improve immunity. It also produces vitamin B that are helpful for neuralgia and fatigue recovery.

## 02. Antioxidant (anti-aging) effect

Publication : LWT 128 (06.2020)

Vegetables and seasonings in kimchi act as antioxidants in our body, and form new collagen to inhibit skin aging. Kimchi that has been well fermented and matured has higher antioxidant properties than kimchi made directly.

## 03. Prevention of constipation, enteritis and colon cancer

Publication : Foods 9(2), 181(02.2020)

Lactic acid produced by fermentation of kimchi and the dietary fiber of kimchi ingredients prevent constipation. In addition, it suppresses the occurrence of colon cancer by reducing microbial enzymes that are converted into carcinogens.

## 04. Prevent cholesterol and hardening of the arteries

Publication : LWT 116 (12.2019)

Eating kimchi reduces bad cholesterol and increases good cholesterol, improving arteriosclerosis and blood flow.

## 05. Diet effect

Publication : Molecular Nutrition & Food Research 62(24), 1800329 (10.2018)

The capsaicin in chili peppers is effective in diet by aiding digestion and increasing basal metabolism. The dieting benefits of Kimchi are more effective when moderately cooked than raw or overcooked.

## 06. Cancer prevention effect

Publication : Journal of Medicinal Food 17(1), 6-20 (01.2014.)

Kimchi has cancer prevention effects by increasing antibody production in the intestine and inhibiting tumor formation. In particular, garlic is effective in preventing stomach cancer, and ginger is also effective against cancer.



To distinguish Korean kimchi which is a proof of taste and trust recognized by the Korean government, a Kimchi character was created. Kimchi characters can only be attached to kimchi products that use Korean raw materials (e.g. radish, cabbage, etc.) and are produced in a hygienic manufacturing facility in Korea and have a safety inspection certificate.



More on KIMCHI CHARACTER



# Korea Foods Export Association

'Korea Foods Export Association', consists of world famous korean food companies, was established in 2012 for the main purpose of the interaction and Co-marketing.

As of 2023, we have a total of 32 companies registered as official members, and we are making a lot of efforts to raise the status of South Korea around the world by raising K-FOOD's awareness and increasing exports.

'Korea Foods Export Association', yang terdiri dari perusahaan makanan terkenal Korea, didirikan pada tahun 2012 dengan tujuan untuk bertukar informasi antar perusahaan dan melakukan marketing bersama.

Saat ini, total 32 perusahaan terdaftar sebagai anggota resmi dan perusahaan-perusahaan ini berusaha keras untuk mencapai tujuan akhir yaitu meningkatkan status Korea di dunia dengan meningkatkan kesadaran masyarakat akan K-FOOD dan memperluas ekspor.

