

## Factsheet



<b>ACRONYM</b>	HealthFerm
<b>FULL TITLE</b>	Innovative pulse and cereal-based food fermentations for human health and sustainable diets
<b>PROGRAMME</b>	Horizon EUROPE/ HORIZON-CL6-2021-FARM2FORK-01-14
<b>CONTRACT NUMBER</b>	101060247
<b>ABSTRACT</b>	<p>Food fermentation has been used for millennia, but our knowledge of the impact of fermented foods on human health and the possible role of gut microbiota in it is limited. Microbial consortia and fermentation processes are, hence, not designed for optimal health outcomes. At the same time, fermentation technology represents a major opportunity to increase incorporation of plant-based proteins in diets. The multi-actor consortium HealthFerm brings together first-class researchers, food companies and dissemination partners to enable the transition from traditional to sustainable grain-based fermented foods and diets that deliver health benefits to consumers by design. This will be achieved by (1) disentangling the interaction between food fermentation microbiomes, grain-based foods and the human gut microbiome and health and (2) using microbial resources and fermentation technology to develop healthy pulse and cereal-based food and diets that cater to the desires and needs of EU citizens. Drawing from a community science approach, HealthFerm will identify microorganisms and metabolic pathways that may result in desired nutritional and health effects. The impact of microbial fermentation on raw materials will be examined at the molecular level. Fermentation technology will be used in the production of grain-based liquid and (semi-)solid foods. The impact of these foods on human health and the gut microbiome will be assessed in a number of intervention trials. Consumer acceptance of fermented foods, their technologies and their role in the transition towards a more sustainable healthy diet will be studied in different social contexts. Finally, extensive ecosystem building and training activities will contribute to HealthFerm's strong participatory approach. Outcomes will allow increased use of grain-based materials in foods, contributing to an environment-friendly food system and a strong EU food industry, thus aligning with the EU Green Deal priorities and UN SDGs.</p>

**DURATION** 48 months (01/09/2022 - 31/08/2026)

**PROJECT FUNDING** € 11.3 million

**COORDINATOR** Prof. Christophe Courtin  
Katholieke Universiteit Leuven  
Leuven, Belgium  
Email: christophe.courtin@kuleuven.be

**PARTNERS** Belgium

- Katholieke Universiteit Leuven
- Puratos Nv
- Vib Vzw
- Vrije Universiteit Brussel

Denmark

- Chr. Hansen A/S
- Kobenhavns Universitet

Finland

- Healthgrain Forum Ry
- Helsingin Yliopisto
- Ita-Suomen Yliopisto
- Teknologian Tutkimuskeskus Vtt Oy
- Turun Yliopisto
- Valio Oy

France

- Centre De Recherche De L Institut Paul Bocuse

Germany

- Eurice – European Research and Project Office GmbH

Italy

- Libera Universita Di Bolzano

Romania

- Institutul De Biologie Bucuresti

Sweden

- Sveriges Lantbruksuniversitet
- Chalmers Tekniska Hogskola Ab
- Umea Universitet

The Netherlands

- Foodcompanions BV

**CONTACT AT EURICE** Dr Chiara Lonoce  
Project Manager  
Alt-Reinickendorf 25  
13407 Berlin, Germany  
Phone: +49 30 374415849  
Email: [c.lonoce@eurice.eu](mailto:c.lonoce@eurice.eu)

**WEBSITE** [www.healthferm.eu](http://www.healthferm.eu)