

**A COMPREHENSIVE STUDY OF DIFFERENT TRADITIONAL FERMENTED  
FOODS/BEVERAGES OF HIMACHAL PRADESH TO EVALUATE THEIR NUTRITION  
IMPACT ON HEALTH AND RICH BIODIVERSITY OF FERMENTING  
MICROORGANISMS**

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**ABSTRACT**

Himachal Pradesh, a state with diverse culture and tradition is located between 30°22'40" north latitudes and 75°45'55" to 79°04'20" east longitude. The state revealed a wide range of uniqueness and variability in traditional fermented foods made of cereal, pulses and milk. Most of these items are prepared by boiling, smoking, roasting, frying and fermentation. These food items are explored for their biochemical analysis and microbial profile and main nutritional aspects. Biochemical analysis of these food items showed an acidic nature with pH in the range of 3.25-4.20. Total soluble solids were in the range of 8°B-16°B. Microbial examination of these food items, their morphological and biochemical identification and 16S rRNA of some of important microorganisms revealed the presence of *Lactobacillus*, *Bacillus* and yeast species predominantly.

**KEYWORDS:** Traditional Foods, Fermentation, Himachal Pradesh