

# Studies show different types of vinegar may benefit health

May 22 2014

---

The earliest known use of vinegar dates back more than 10,000 years ago and has been used as a food and medicine. A new review article in the *Journal of Food Science*, published by the Institute of Food Technologists (IFT), reports on recent studies showing different types of vinegars that may benefit human health.

Studies referenced in the article show vinegars contain antioxidants, which may reduce accelerated aging, cancer and brain degenerative disorders. Other functional therapeutic properties include beneficial effects on cardiovascular health and blood pressure, [antibacterial activity](#), reduction in the effects of diabetes and increased vigor after exercise. In addition, a few studies showed that people who consumed certain types of vinegar daily may have a decreased appetite.

Authors noted that further studies related to health benefits of vinegar are needed to validate claims.

**More information:** Budak, N. H., Aykin, E., Seydim, A. C., Greene, A. K. and Guzel-Seydim, Z. B. (2014), "Functional Properties of Vinegar." *Journal of Food Science*, 79: R757–R764.  
doi: 10.1111/1750-3841.12434

Provided by Institute of Food Technologists

Citation: Studies show different types of vinegar may benefit health (2014, May 22) retrieved 30 April 2024 from <https://phys.org/news/2014-05-vinegar-benefit-health.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.