

Bioactive Compounds and Their Benefit to Health: A Scoping Review of Fermented Coffee

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ABSTRACT

Coffee is one of the most consumed beverages and has become very popular nowadays. This scoping review aims to provide an overview of what and how bioactive compounds can be extracted from coffee fermentation and subsequently to further elucidate their corresponding biological activities. The type of bioactive and the level of bioactive produced in the fermentation showed a variety of results depending on the type of coffee, fermentation parameter, and microorganism starter. Coffee fermentation commonly showed antioxidant activity and produced phenolic and flavonoid content, including chlorogenic acid, that have various benefits for health. Other bioactive compounds tested in this study were alkaloids such as trigonelline, theobromine and caffeine. Tannin content reduced significantly in all studies. This finding shows that fermentation can become a potential treatment to increase the health benefit of coffee consumption.

Kata Kunci: *antioxidant, coffee, fermentation, health*