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## *Kimchi Bacteria*

### MAY HELP TRAP NANOPLASTICS IN THE GUT

People may unknowingly ingest more than 100,000 tiny plastic particles each year. These particles, known as nanoplastics (NPs), are smaller than 1 micrometer and invisible to the naked eye, and can enter the body through drinking water, seafood, contaminated salt, and airborne dust. Once ingested, nanoplastics can accumulate in the digestive system, penetrate the intestinal wall, and disrupt the gut microbiota, potentially leading to impaired intestinal function, metabolic disorders, cytotoxicity, and inflammation. In some cases, they may also enter the bloodstream and accumulate in vital organs such as the liver, kidneys, and brain. Therefore, finding effective ways to remove nanoplastics from the body is important for protecting human health.

Several approaches have been studied for nanoplastic removal, including adsorption, aggregation, hydrolysis, coagulation, membrane filtration, and precipitation. Among these, biosorption has gained attention due to its simplicity, efficiency, and safety. This method involves the use of biological materials, particularly beneficial microorganisms such as lactic acid bacteria.





A research team from the World Kimchi Research Institute in South Korea, led by Dr. Se Hee Lee and Dr. Tae Woong Whon, investigated the potential of lactic acid bacteria found in kimchi.

Kimchi is a traditional Korean fermented food, commonly served as a side dish. It is typically made from napa cabbage or radishes fermented with seasonings such as gochugaru, scallions, garlic, ginger, and jeotgal. During fermentation, certain microorganisms play a key role, especially *Leuconostoc* species, which thrive in low-salt conditions during the early fermentation stage.

The researchers discovered that *Leuconostoc mesenteroides* CBA3656 can capture nanoplastic particles in the intestines through biosorption. When consumed, these bacteria act like tiny hooks on their cell surfaces, binding and trapping nanoplastics and reducing their absorption into body tissues.

Laboratory results showed that the CBA3656 strain achieved up to 87% binding efficiency, slightly higher than the reference strain *Lactobacillus sakei* CBA3608, which showed 85% efficiency. In addition, experiments in germ-free mice demonstrated that mice receiving CBA3656 along with polystyrene nanoplastics excreted approximately twice as much plastic compared to the control group.

Although consuming kimchi cannot eliminate nanoplastics from the body, regular intake of foods rich in beneficial microorganisms may help reduce exposure and support overall gut health.

## References:

1. <https://www.chefdehome.com/recipes/1016/kimchi>
2. <https://en.wikipedia.org/wiki/Kimchi>
3. <https://www.nationthailand.com/sustainability/40064538>
4. <https://www.nutritioninsight.com/news/kimchi-nanoplastics-heart-health.html>
5. <https://www.sciencedirect.com/science/article/abs/pii/S0960852426003159>

# “PROTEIN” *in Every Moment*

Today, high-protein products are widely available across the market. No longer limited to athletes, these products are now designed to meet the needs of consumers of all ages and lifestyles, making protein enjoyable to have anytime throughout the day.

Traditionally, protein products were associated with sports nutrition. However, consumption has expanded on multiple occasions:

#### MORNING NUTRITION:



high-protein drinks,  
yogurt

#### SNACKING MOMENTS:



bars, biscuits, dairy  
snacks

#### ON-THE-GO FORMATS:



RTD (Ready-to-Drink)  
beverages,  
ready-to-mix powders

#### INDULGENT PRODUCTS:



ice cream, desserts  
with added protein

This shift creates new opportunities for product innovation across categories.

However, taste is critical for high-protein products to succeed. Beyond protein content, delivering great flavor and a smooth, enjoyable texture is essential to meet consumer expectations.

# BLACK SESAME FLAVOR:

## *The Comeback Flavor of 2026*



Black sesame is no longer just a traditional Asian ingredient, it is rapidly emerging as a global flavor trend across beverages, desserts, and functional products.

Originally used in East Asian and Middle Eastern cuisine, black sesame is now being rediscovered through a modern lens of wellness, aesthetics, and rich and distinctive taste. From black sesame lattes to pastries and RTD (Ready-to-Drink) beverages, consumer interest is surging, with increasing visibility across menus and product launches worldwide.

# BLACK SESAME FLAVOR:

## *The Comeback Flavor of 2026*

### SO, WHY NOW?

First, black sesame delivers a distinct sensory profile. Its deep nutty and slightly bitter notes bring complexity and sophistication beyond traditional sweet flavors. Its naturally dark tone also creates a strong visual identity, aligning with the growing demand for unique and “Instagrammable” products.



Second, black sesame flavor aligns with the “better-for-you” movement. It carries strong health-associated cues, as black sesame is widely recognized for its richness in healthy fats, minerals, and antioxidants. This allows the flavor to deliver both indulgence and a positive wellness perception, supporting clean label and nutrient-forward positioning.

Finally, black sesame taps into cultural nostalgia and global exploration. Consumers, especially Gen Z, are increasingly drawn to authentic, globally inspired flavors that feel both familiar and new. Black sesame flavor bridges this gap, offering heritage with a modern twist.

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#### References:

- 1)Plants, The Effect of Water Stress on Bioactive Compounds in Australian-Grown Black Sesame, March 2024
- 2)The Guardian, Black sesame is growing more popular in the US. Is it actually good for you, February 2026
- 3)Institute of Food Technologists(IFT), What contributes to the richness and stability of the sesame flavor?, April 2025

# UPCOMING EVENTS

< June 2026



## DATE



4 CAHB Food Seminar, PT. Kemiko Indonesia, Jakarta, Indonesia

9-12 Seoul Food & Hotel 2026, Seoul, Korea

10 CAHB & mini-CAHB Makeup Seminar, Chemico Philippines, Inc., Manila, The Philippines

10-11 Cosmetic Business, Munich, Germany



10-13 ProPak Asia 2026, Bangkok, Thailand

11 CAHB Food Seminar, Chemico Asia Pacific (M) Sdn. Bhd., Kuala Lumpur, Malaysia

15-17 Hi & Fi Asia-China, Shanghai, China

16 Food Seminar "Dairy & Alternative Dairy Products", CAHB Center, Bangkok, Thailand



16-17 Free From Food, Vienna, Austria

17-19 Cosmobeauté Philippines, Manila, The Philippines

18-20 Korea Expo - Paris 2026, Paris, France

24-26 Cosmoprof CBE ASEAN, Bangkok, Thailand

29-30 Professional Beauty India 2026, New Delhi, India