

ENZYMES FOUND IN FOODS

Food	Type(s) of Enzyme
Banana	Amylase
Mango	Amylase
Honey	Amylase, protease
Fig	Protease
Ginger	Protease (zingibain)
Kiwi	Protease
Papaya	Protease (papain)
Pineapple	Protease (bromelain)
Avocado	Lipase

FERMENTED FOODS*

Kimchi	Amylase, protease, lipase
Miso	Amylase, protease, lipase
Kefir	Lactase, protease, lipase
Sauerkraut	Unknown

* Enzymes are created during fermentation.

References

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3. Swain MR, Anandharaj M, Ray RC, Rani RP. Fermented fruits and vegetables of Asia: a potential source of probiotics. *Biotechnol Res Int*. 2014;2014:250424.
4. Papaya. MedlinePlus website. <https://medlineplus.gov/druginfo/natural/488.html>. Updated September 22, 2020.
5. Bayer SB, Geary RB, Drummond LN. Putative mechanisms of kiwifruit on maintenance of normal gastrointestinal function. *Crit Rev Food Sci Nutr*. 2018;58(14):2432-2452.