CLAIMS

1. A fermented food comprising a lycopene-containing vegetable and lactic acid bacteria,

wherein the vegetable is The Han 1ho Chinese cabbage; and

wherein the lactic acid bacteria is selected from *Leuconostoc mesenteroides* CJLM119 and *Lactobacillus plantarum* CJLP133.

2. The fermented food of claim 1, wherein a decrease in a lycopene content of the vegetable is inhibited in the fermented food.

3. The fermented food of claim 1, wherein a lycopene content of the fermented food is in the range of 50% to 99% relative to a lycopene content of the vegetable.

4. The fermented food of claim 1, wherein a lycopene content (concentration) of the fermented food is in the range of 0.6 mg/g to 0.98 mg/g.

5. The fermented food of claim 1, wherein a lycopene content of the fermented food after 6 months of storage is in the range of 50% to 99% relative to a lycopene content of the fermented food after 7 days of storage.

6. The fermented food of claim 1, wherein the fermented food is for preventing or treating colorectal cancer or inflammatory bowel disease.

7. A method of manufacturing a fermented food, the method comprising:

preparing a salted lycopene-containing vegetable and seasoning ingredients comprising lactic acid bacteria; and

mixing the seasoning ingredients with the salted vegetable,

wherein the vegetable is The Han 1ho Chinese cabbage; and

wherein the lactic acid bacteria is selected from *Leuconostoc mesenteroides* CJLM119 and *Lactobacillus plantarum* CJLP133.

8. A method of inhibiting a decrease in a lycopene content of a fermented food, the method comprising preparing a fermented food by mixing a lycopene-containing vegetable with lactic acid bacteria,

wherein the vegetable is The Han 1ho; and

wherein the lactic acid bacteria is selected from *Leuconostoc mesenteroides* CJLM119 and *Lactobacillus plantarum* CJLP133.