

BEGINNER PROBIOTIC RICH FERMENTED FOOD GUIDE

FOOD ITEM	PRIMARY STRAINS	COMMON USES	DAILY SERVING
Sauerkraut	Lactobacillus	Salad topper, side dish, sandwich garnish.	1-2 tablespoons
Kefir (Milk)	L. acidophilus, B. bifidum	Smoothies, cereal base, or drink plain.	1/2 - 1 cup
Kimchi	L. kimchii	Rice bowls, eggs, stir-fries.	2 tablespoons
Kombucha	Saccharomyces, Acetobacter	Refreshing cold beverage / tea alternative.	4 - 8 oz
Miso	Aspergillus oryzae	Soups, salad dressings, marinades.	1 teaspoon (paste)
Tempeh	Rhizopus oligosporus	Plant-based protein, grilled or sauteed.	3 - 4 oz
Greek Yogurt	S. thermophilus	Breakfast bowls, dips, baking substitute.	1/2 - 1 cup

Note: Start with small portions to allow your digestive system to adjust. Ensure products are "raw" or contain "live active cultures."