

PROBIOTIC-RICH FERMENTED FOODS

Comprehensive Reference Guide for Gut Health

FOOD ITEM	CATEGORY	COMMON PROBIOTIC STRAINS	KEY BENEFITS/NOTES
Yogurt	Dairy	<i>L. bulgaricus</i> , <i>S. thermophilus</i> , <i>L. acidophilus</i>	Ensure "Live & Active Cultures" label. High calcium.
Kefir	Dairy/Non-Dairy	<i>Lactobacillus caucasicus</i> , <i>Bifidobacterium</i>	Potent drinkable ferment; contains up to 30 strains.
Sauerkraut	Vegetable	<i>L. plantarum</i> , <i>L. brevis</i> , <i>Leuconostoc</i>	Raw, unpasteurized only. High in Vitamin C and K.
Kimchi	Vegetable	<i>Lactobacillus kimchii</i> , <i>L. mesenteroides</i>	Spicy Korean staple. Supports metabolic health.
Kombucha	Beverage	<i>Acetobacter</i> , <i>Saccharomyces</i> (Yeast)	Fermented tea. Contains organic acids and B-vitamins.
Miso	Legume	<i>Aspergillus oryzae</i> (Koji)	Fermented soybean paste. Do not boil (kills bacteria).

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Tempeh	Legume	Rhizopus oligosporus	Firm fermented soy cake. High protein and fiber.
Natto	Legume	Bacillus subtilis	Highest food source of Vitamin K2 (MK-7).
Traditional Pickles	Vegetable	Lactobacillus species	Must be brine-cured (salt), not vinegar-based.

Note: For maximum probiotic benefit, consume raw or add to dishes after the cooking process is complete.