

CULTURED & FERMENTED FOODS GUIDE

FOOD CATEGORY	SPECIFIC ITEM	KEY PROBIOTIC STRAINS
Dairy	Kefir (Milk)	Lactobacillus, Bifidobacterium
Dairy	Greek Yogurt	L. bulgaricus, S. thermophilus
Vegetables	Sauerkraut (Raw)	L. plantarum, Leuconostoc
Vegetables	Kimchi	Lactobacillus kimchii
Vegetables	Traditional Pickles	Lactic acid bacteria
Soy	Tempeh	Rhizopus oligosporus
Soy	Miso	Aspergillus oryzae
Beverages	Kombucha	Acetobacter, Saccharomyces
Beverages	Water Kefir	L. brevis, L. casei