

# DAIRY-BASED PROBIOTIC FOODS

## Essential Guide to Fermented Dairy Cultures

FOOD ITEM	PRIMARY STRAINS	KEY CHARACTERISTICS
<b>Kefir</b>	<i>Lactobacillus</i> , <i>Bifidobacterium</i>	Drinkable, yeast-and-bacteria grain fermentation.
<b>Greek Yogurt</b>	<i>S. thermophilus</i> , <i>L. bulgaricus</i>	Strained, high protein, thick consistency.
<b>Skyr</b>	<i>L. acidophilus</i> , <i>P. freudenreichii</i>	Icelandic style, technically a soft cheese, very mild.
<b>Cultured Buttermilk</b>	<i>Lactococcus lactis</i>	Tart, low-fat liquid byproduct of butter churning.
<b>Acidophilus Milk</b>	<i>Lactobacillus acidophilus</i>	Sweet milk base with added concentrated cultures.
<b>Cottage Cheese</b>	<i>Live Active Cultures (Added)</i>	Curds and whey; check label for "Live Cultures."
<b>Viiili</b>	<i>L. lactis subsp. cremoris</i>	Finnish mesophilic yogurt with a ropey texture.
<b>Aged Cheeses</b>	<i>Various</i>	Gouda, Cheddar, and Swiss (raw or aged versions).

Printable Reference Template – Always check labels for "Live & Active Cultures"