

PROBIOTIC-RICH FERMENTED FOODS

Daily Gut Health Reference Guide

DAIRY BASED

FOOD ITEM

PRIMARY BENEFIT

Kefir

Diverse Bacterial Strains

Greek Yogurt

High Protein + Cultures

Skyr

Thick Texture, Low Sugar

Aged Cheeses

Raw Cheddar/Gouda

VEGETABLE BASED

FOOD ITEM

PRIMARY BENEFIT

Sauerkraut

Vitamin C & K2

Kimchi

Spicy, Metabolic Boost

Pickles (Brined)

Lactobacillus strains

Cultured Beets

Liver Support

SOY & GRAIN

FOOD ITEM**PRIMARY BENEFIT**

Tempeh

Complete Protein

Miso

Essential Minerals

Natto

Nattokinase Enzyme

Sourdough

Easier Digestion

BEVERAGES**FOOD ITEM****PRIMARY BENEFIT**

Kombucha

Organic Acids

Water Kefir

Dairy-Free Probiotics

Kvass

Blood Tonifier

Apple Cider Vinegar

Acetic Acid

Note: Ensure products contain "Live & Active Cultures." Avoid highly pasteurized versions.