

# GUT HEALTH GUIDE

## *Probiotic-Rich Fermented Foods*

<b>FOOD SOURCE</b>	<b>COMMON PROBIOTIC STRAINS</b>	<b>SERVING SUGGESTION</b>
<b>Kefir</b> Dairy/Non-Dairy	Lactobacillus caucasicus, Bifidobacterium bifidum, Acetobacter species.	Smoothie base or over muesli.
<b>Sauerkraut</b> Vegetable	Lactobacillus plantarum, L. brevis, Leuconostoc mesenteroides.	2 tbsp as a side dish or topper for salads.
<b>Kombucha</b> Beverage	Saccharomyces boulardii, Gluconacetobacter xylinus.	4-8 oz glass as a mid- day tonic.
<b>Miso</b> Legume	Aspergillus oryzae (fermentation starter), Tetragenococcus halophilus.	Whisked into warm soups or salad dressings.
<b>Kimchi</b> Vegetable	Lactobacillus kimchii, L. sakei, Weissella species.	Add to rice bowls, eggs, or stews.
<b>Greek Yogurt</b> Dairy	Lactobacillus bulgaricus, Streptococcus thermophilus.	With berries and flax seeds for breakfast.
<b>Tempeh</b> Legume	Rhizopus oligosporus (fungal culture).	Marinated, sliced, and lightly sauteed.

Note: For maximum benefit, choose "Raw," "Unpasteurized," or "Live Culture" varieties.