

HEALTHY DIGESTION

Probiotic-Rich Fermented Foods Guide

CATEGORY	FOOD EXAMPLES	KEY DIGESTIVE BENEFIT
Cultured Dairy	Kefir, Greek Yogurt, Skyr	<i>High biodiversity of bacterial strains.</i>
Fermented Vegetables	Sauerkraut, Kimchi, Pickles (Brined)	<i>Adds enzymes and organic acids to gut.</i>
Fermented Soy	Miso, Tempeh, Natto	<i>Supports nutrient absorption and K2.</i>
Functional Beverages	Kombucha, Beet Kvass, Water Kefir	<i>Promotes healthy pH balance in stomach.</i>
Ancient Grains	Sourdough Bread (Long-fermented)	<i>Pre-digested gluten and lower glycemic index.</i>

Note: Start with small servings to allow your microbiome to adjust. Consult with a healthcare provider for personalized dietary advice.