

KITCHEN REFERENCE: PROBIOTIC FOODS

FOOD ITEM	CATEGORY	KEY PROBIOTICS	BEST FOR
Yogurt (Live Culture)	Dairy	Lactobacillus, Bifidobacteria	Smoothies, Breakfast
Kefir	Dairy/Water	Saccharomyces, Lactobacillus	Drinking, Dressings
Sauerkraut (Raw)	Vegetable	L. plantarum, L. brevis	Salads, Side Dish
Kimchi	Vegetable	Lactic acid bacteria	Rice bowls, Toppings
Miso	Soy	Aspergillus oryzae	Soups, Glazes
Tempeh	Soy	Rhizopus oligosporus	Protein substitute
Kombucha	Tea	Acetobacter, Gluconacetobacter	Beverage
Pickles (Brine-cured)	Vegetable	Lactobacillus	Snacking, Garnish

Note: Ensure items are "Raw," "Unpasteurized," or contain "Live Active Cultures" to guarantee probiotic benefit.