

# NATURAL PROBIOTIC RICH FERMENTED FOOD SOURCES

<b>FOOD SOURCE</b>	<b>CATEGORY</b>	<b>COMMON MICROBIAL STRAINS</b>
Yogurt (Live Culture)	Dairy	<i>Lactobacillus bulgaricus</i> , <i>S. thermophilus</i>
Kefir	Dairy / Water	<i>Lactobacillus kefir</i> , <i>Bifidobacterium</i>
Sauerkraut (Raw)	Vegetable	<i>Leuconostoc mesenteroides</i> , <i>L. plantarum</i>
Kimchi	Vegetable	<i>Lactobacillus kimchii</i> , <i>Leuconostoc</i>
Kombucha	Tea / Beverage	<i>Gluconacetobacter</i> , <i>Saccharomyces</i>
Miso	Legume	<i>Aspergillus oryzae</i> (Koji)
Tempeh	Legume	<i>Rhizopus oligosporus</i>
Natto	Legume	<i>Bacillus subtilis</i> var. <i>natto</i>
Traditional Pickles	Vegetable	<i>Lactobacillus</i> species

Ensure products are labeled "unpasteurized" or "live active cultures" for probiotic benefits.