

# NON-DAIRY PROBIOTIC GUIDE

## Plant-Based Fermented Foods Reference Chart

| <b>FOOD ITEM</b>        | <b>BASE INGREDIENT</b> | <b>KEY BENEFITS</b>         |
|-------------------------|------------------------|-----------------------------|
| <b>Sauerkraut</b>       | Cabbage                | Vitamin C Fiber             |
| <b>Kimchi</b>           | Mixed Vegetables       | Spicy Metabolism            |
| <b>Water Kefir</b>      | Sugar Water/Fruit      | Hydration B-Vitamins        |
| <b>Kombucha</b>         | Black/Green Tea        | Antioxidants Organic Acids  |
| <b>Tempeh</b>           | Soybeans               | High Protein B12            |
| <b>Miso</b>             | Fermented Grain/Soy    | Minerals Umami Flavor       |
| <b>Coconut Yogurt</b>   | Coconut Milk           | Healthy Fats Creamy Texture |
| <b>Pickles (Brined)</b> | Cucumber               | Low Calorie Electrolytes    |

Ensure products are "Raw" or "Unpasteurized" for live culture benefits.