

PROBIOTIC-RICH FERMENTED FOODS

Nutritional Reference Guide for Gut Health

Food Item	Common Strains	Primary Benefits
Kefir (Dairy)	<i>Lactobacillus acidophilus</i> , <i>Bifidobacterium bifidum</i>	Bone health, improved digestion, high protein, vitamin B12.
Sauerkraut	<i>Lactobacillus plantarum</i> , <i>L. brevis</i>	Rich in Fiber, Vitamin C, and K. Supports immune function.
Kombucha	<i>Saccharomyces</i> , <i>Gluconacetobacter</i>	Antioxidant properties, detoxification, energy boost.
Miso	<i>Aspergillus oryzae</i>	Essential minerals, protein, supports circulatory system.
Tempeh	<i>Rhizopus oligosporus</i>	High protein, reduces cholesterol, bone density support.
Kimchi	<i>Lactobacillus kimchii</i>	Anti-inflammatory, cholesterol management, skin health.

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Greek Yogurt	<i>L. bulgaricus, S. thermophilus</i>	Muscle recovery, weight management, calcium source.

Note: Always choose unpasteurized, "live culture" versions for maximum probiotic benefit.