

ORGANIC PROBIOTIC GUIDE

Fermented Foods for Gut Health

FOOD ITEM	CATEGORY	KEY PROBIOTICS	DAILY SERVING
Raw Sauerkraut	Vegetable	Lactobacillus	<i>2-4 tbsp</i>
Kombucha	Beverage	Acetobacter	<i>4-8 oz</i>
Greek Yogurt	Dairy	S. thermophilus	<i>1/2 cup</i>
Miso Paste	Legume	A. oryzae	<i>1 tbsp</i>
Kimchi	Vegetable	L. kimchii	<i>1/4 cup</i>
Milk Kefir	Dairy	Bifidobacterium	<i>1 cup</i>
Tempeh	Soy	Rhizopus oligosporus	<i>3-4 oz</i>