

# PROBIOTIC-RICH FERMENTED FOODS

Daily Intake Reference Chart

<b>FOOD ITEM</b>	<b>CATEGORY</b>	<b>KEY STRAINS</b>	<b>TRIED</b>
Kefir	<b>Dairy / Water</b>	Lactobacillus, Bifidobacterium	
Sauerkraut	<b>Vegetable</b>	L. plantarum, L. brevis	
Kombucha	<b>Tea</b>	Acetobacter, Saccharomyces	
Miso	<b>Soy</b>	Aspergillus oryzae	
Kimchi	<b>Vegetable</b>	Lactic acid bacteria	
Tempeh	<b>Soy</b>	Rhizopus oligosporus	
Greek Yogurt	<b>Dairy</b>	S. thermophilus, L. bulgaricus	
Natto	<b>Soy</b>	Bacillus subtilis	
Pickles (Brined)	<b>Vegetable</b>	Lactobacillus species	

Note: Ensure products contain "Live & Active Cultures." Consult a healthcare provider before significant dietary changes.