

RAW PROBIOTIC RICH FERMENTED FOODS

FOOD ITEM	CATEGORY	KEY STRAINS
Sauerkraut	Vegetable	Lactobacillus plantarum
Kimchi	Vegetable	Lactobacillus brevis
Kefir (Milk/Water)	Beverage	L. acidophilus, Bifidobacterium
Miso	Legume	Aspergillus oryzae
Tempeh	Legume	Rhizopus oligosporus
Kombucha	Beverage	Acetobacter, Saccharomyces
Natto	Legume	Bacillus subtilis
Raw Pickles	Vegetable	Lactobacillus species

Note: Ensure products are labeled "Raw" or "Unpasteurized" to maintain probiotic integrity.