

PROBIOTIC RICH FERMENTED FOODS

FOOD ITEM	KEY PROBIOTIC STRAINS	SERVING NOTE
Kefir	<i>Lactobacillus caucasicus</i> , <i>Leuconostoc</i>	Drinkable dairy or water base
Sauerkraut	<i>L. plantarum</i> , <i>L. brevis</i>	Must be raw/unpasteurized
Kimchi	<i>Lactobacillus kimchii</i>	Spicy fermented vegetables
Kombucha	<i>Acetobacter</i> , <i>Saccharomyces</i>	Fermented effervescent tea
Miso	<i>Aspergillus oryzae</i> (Koji)	Do not boil to preserve bacteria
Tempeh	<i>Rhizopus oligosporus</i>	Fermented soy bean cake
Greek Yogurt	<i>L. acidophilus</i> , <i>B. bifidum</i>	Look for "Live Active Cultures"
Natto	<i>Bacillus subtilis</i>	High Vitamin K2 content

Template Example Only â€¢ Recommended Daily Intake: 1-2 Servings