

Traditional Probiotic Rich Fermented Food Varieties

FOOD VARIETY	TRADITIONAL ORIGIN	PRIMARY BASE INGREDIENT
Sauerkraut	<i>Central Europe</i>	Cabbage, Salt
Kimchi	<i>Korea</i>	Napa Cabbage, Radish, Chili
Kefir	<i>Caucasus Mountains</i>	Milk or Water, Kefir Grains
Kombucha	<i>East Asia</i>	Sweetened Black/Green Tea
Tempeh	<i>Indonesia</i>	Fermented Soybeans
Miso	<i>Japan</i>	Soybean Paste, Koji Rice
Natto	<i>Japan</i>	Whole Soybeans, <i>B. subtilis</i>
Kvass	<i>Eastern Europe</i>	Rye Bread or Beets
Lassi	<i>India / Pakistan</i>	Yogurt, Spices

FOOD VARIETY	TRADITIONAL ORIGIN	PRIMARY BASE INGREDIENT
Curtido	<i>El Salvador</i>	Cabbage, Onions, Oregano