

VEGAN PROBIOTIC FERMENTED FOODS

FOOD ITEM	TYPE	KEY PROBIOTICS
Sauerkraut	Vegetable	Lactobacillus plantarum
Kimchi (Vegan)	Vegetable	Lactobacillus brevis
Tempeh	Soybean	Rhizopus oligosporus
Miso	Soy Paste	Aspergillus oryzae
Water Kefir	Beverage	Saccharomyces kefir
Kombucha	Tea	Gluconacetobacter xylinus
Coconut Yogurt	Dairy-Free	Bifidobacterium lactis
Natto	Soybean	Bacillus subtilis