

Probiotic Foods



Olives



Sauerkraut
refrigerated,
not canned



Greek Yogurt
“live active cultures”
without added sugar



Fermented Cheese
gouda, blue, Swiss



Sourdough
4 ingredients,
no added yeast



Pickled Veggies
beets, carrots, onions



Kombucha
without added sugar



Apple Cider Vinegar
pair with other foods,
i.e salad dressings



Kefir



Miso



Tempeh
high in protein!



Kimchi