

Probiotic-Rich Foods *List*

WHAT TO EAT:

- Kimchi
- Sauerkraut
- Pickles (non-pasteurized)
- Yogurt (cow's milk, sheep's milk, goat's milk, almond, coconut, oat-milk, etc.).
- Kefir (cow's milk, sheep's milk, goat's milk, almond, coconut, oat-milk, etc.).
- Kombucha
- Pickled vegetables (onions, beets, carrots, etc.).
- Tempeh, miso, and natto (fermented soy products)