

Eleven probiotic containing food products

Probiotics are live microorganisms that have health benefits when consumed.

1. Yogurt

Yogurt is made from milk that has been fermented by bacteria, mainly lactic acid bacteria and Bifidobacteria.

2. Kefir

Kefir is a fermented probiotic milk drink. It is made by adding kefir grains to cow's or goat's milk.

3. Sauerkraut

Sauerkraut is finely shredded cabbage that has been fermented by lactic acid bacteria.

To act as a probiotic, sauerkraut must be raw unpasteurized, as pasteurization kills the live active bacteria. Most grocery stores carry unpasteurized sauerkraut which can be found in a refrigerated case.

4. Tempeh

Tempeh is a fermented soybean product. It forms a firm patty with a flavor that is described as nutty, earthy or similar to a mushroom.

Tempeh is originally from Indonesia but has become popular worldwide as a high-protein meat substitute.

5. Kimchi

Kimchi is a Korean fermented, spicy, cabbage dish.

Kimchi is flavored with a mix of seasonings, such as red chili pepper flakes, **garlic**, **ginger**, scallion and salt.

Kimchi contains the lactic acid bacteria *Lactobacillus kimchii*, as well as other lactic acid bacteria that may benefit digestive health.

6. Miso

Miso is a Japanese seasoning. It is traditionally made by fermenting soybeans with salt and a type of fungus called koji.

Miso can also be made by mixing soybeans with other ingredients, such as barley, rice and rye.

The paste is most often used in miso soup.

7. Kombucha

Kombucha is a fermented black or **green tea** drink.

The tea is fermented by a bacteria and yeast. It contains a small percent of alcohol derived from the fermentation process. The internet abounds with claims about the potential health effects of kombucha, however, high-quality evidence is lacking.

8. Pickles

Pickles (also known as gherkins) are cucumbers that have been pickled in a solution of salt and water.

They are left to ferment for some time, using their own naturally present lactic acid bacteria.

9. Buttermilk

Buttermilk refers to a range of fermented dairy drinks. There are two main types of buttermilk: traditional and cultured.

Traditional buttermilk is simply the leftover liquid from making **butter**. Only this version contains probiotics.

Cultured buttermilk, commonly found in American supermarkets, generally does not have any probiotic benefits.

10. Natto

Natto is a fermented soybean product, like tempeh and miso. It contains a bacterial strain called *Bacillus subtilis*.

11. Some Types of Cheese

Although most types of cheese are fermented, it does not mean that all of them contain probiotics. Only those that contain live and active cultures are probiotics.

Bacteria survive the aging process in some cheeses, including Gouda, Mozzarella, and cheddar cheese.