Probiotics in Food

Other than probiotics in yogurt, there are many other sources of probiotics, but you may not be familiar with all of them.

- Raw, unpasteurized cheese
- Buttermilk
- Cottage cheese
- Sourdough bread
- Pickles
- Dark chocolate
- Green peas
- Ginger Ale

**Fermented:** the chemical process of breaking a substance down into simpler parts, usually with the help of bacteria, yeasts, or fungi

- Tempeh: fermented soybean product
- Sauerkraut (fresh): fermented cabbage and other vegetables
- Kimchi: pickled sauerkraut (traditionally from Korea)
- Kefir: fermented dairy product (goat, cow, or sheep’s milk)
- Kombucha: fermented tea (traditionally from China)
- Miso: soup made from fermented rye, beans, rice, or barley (traditionally from Japan)
- Kvass: fermented beverage made from rye bread (traditionally Slavic or Baltic)