



# Live Cultured Foods: Probiotic • Lacto-Fermented

What are Live Cultured or Probiotic Foods? Cultured foods are part of every traditional diet around the globe. These foods have been naturally fermented, like yogurt or sauerkraut. The fermentation process causes the production lactic acid bacteria which are good for us. Eating traditional lacto-fermented foods regularly as part of your diet will help provide optimal health. Preserving foods this way maintains freshness while adding flavor, texture and aroma.

## Traditional Fermented Foods

Dairy Products: Yogurt, Kefir, Raw Cheeses,  
Cottage Cheese, Crème Fraiche, Buttermilk

Vegetables: Sauerkraut, Pickles, Olives, Kimchi,  
Salsas and Mixed Fermented Vegetables

Fruits: Chutneys, Fruit Preserves, Cider,  
Vinegars

Soybeans: Natto, Tempeh, Miso, Tamari

Meats: Sausage, Salami, Bologna, Jerky, Wurst

Breads and Grains: Sourdough Bread,  
Porridge, Spouted Grains

Beverages: Fermented Sodas, Kombucha, Kefir  
Fruit Sodas, Mead, Wine, Beer

## Tips for Eating More Cultured Foods:

- Add yogurt to breakfast cereals
- Drink kefir &/or yogurt fruit smoothies
- Drink kombucha, ginger sodas & beet kvass
- Include pieces of tempeh in stir fry or stews
- Enjoy side dishes of fermented fruits and vegetables with each meal

Consider making your own fermented foods at home like yogurt, kefir, sauerkraut and pickles.

It is easy and nutritious. You can save money and making your own cultured food guarantees quality and will help you eat local year around.

## Health Benefits from Live Cultured Foods

- Aids in Digestion
- Increases Absorption of Nutrients & Bioavailability
- Synthesizes Nutrients (folic acid, B vitamins, & K)
- Increases Absorption of Minerals
- Helps with Protein Digestion
- Enhances Calcium Metabolism (prevents osteoporosis)
- Helps Prevent Skin Problems (Acne, Eczema, Thrush)
- Helps Maintain pH Balance
- Keeps Pathogenic Bacteria in Check
- Prevents and Control Diarrhea
- Relieves Constipation
- Alleviates Lactose Intolerance
- Helps Colitis
- Improves/Prevents Irritable Bowel Syndrome & Inflammatory Bowel Disease
- Helps *Helicobacter pylori* Infections (ulcers)
- Reduces Intestinal Inflammation
- Stimulates Immune System Function
- Reduces Allergic Symptoms
- Anti-Cancer and Anti-Tumor Effects
- Helps Normalize Serum Cholesterol and Triglycerides
- Assists Liver Function and Detoxification

RESOURCES: [www.wildfermentation.com](http://www.wildfermentation.com), [www.culturesforhealth.com](http://www.culturesforhealth.com),  
[www.thenourishinggourmet.com](http://www.thenourishinggourmet.com), [www.bodyecology.com](http://www.bodyecology.com)

HOW MUCH DO YOU NEED? Consume small amounts and build up slowly. Start with 1-2 tablespoons and until reaching 1/2 cup of high quality live cultured foods and beverages at least 2 to 3 times per day. Preferably eat or drink some probiotic foods with each meal to gain health benefits. Consider probiotic supplements if you cannot eat probiotic foods and beverages.