

Probiotics

Probiotics are the “good” bacteria that are found naturally in your gut. Consuming foods that are high in probiotics help change or repopulate intestinal bacteria to balance gut flora. In doing so, probiotics may boost immunity and overall healthy, especially GI health. Probiotics have been used in the treatment of irritable bowel syndrome, allergy symptoms, and lactose intolerance. Here is a list of probiotic foods:

Yogurt-good bacteria that keeps a healthy balance in your gut.

Kefir- thick, creamy and tangy like yogurt, this bubbly fermented milk has healthy bacteria plus a few healthy yeast varieties.

Soft cheeses- certain bacterial strains in some fermented soft cheeses like Gouda, are hardy enough to survive the journey through your stomach and intestines. Cheese may act as a carrier for probiotics which may boost the immune system.

Kimchi- a spicy Korean fermented food that usually contains cabbage, red pepper, onions, scallions, and garlic.

Sauerkraut- choose the unpasteurized kind as pasteurization kills active, good bacteria.

Miso Soup- a popular breakfast food in Japan that is made from fermented soy bean paste.

Tempeh- made from a base of fermented soybeans. The flavor is often described as smoky, nutty and similar to a mushroom. It is a good source of protein and can be marinated and used in place of meat.

Sourdough bread- contains probiotic that may help with digestion.

Sour pickles- look for naturally fermented pickles where vinegar isn't used in the pickling process. A sea salt and water solution feeds the growth of good bacteria.

While consuming probiotics has shown to be beneficial, results tend to vary by person. Maintaining a balanced diet with foods high in probiotics, along with physical activity can result in a healthier lifestyle.