

# Probiotic Foods

**ENHANCE YOUR DIGESTIVE SYSTEM  
FUNCTION AND OVERALL WELLBEING**

**To help promote good bacteria, add these  
probiotic foods to your diet**

## Kefir

A fermented milk drink similar to a thin yogurt that is made from kefir grains, a specific type of mesophilic symbiotic culture.



## Kimchi

A Korean side dish of salted and fermented vegetables, made with a widely varying selection of seasonings.

## Kombucha

A fermented, lightly effervescent, sweetened black or green tea drink.



## Miso Soup

A traditional Japanese soup produced by fermenting soybeans.

## Sauerkraut

Finely cut raw cabbage that has been fermented by various lactic acid bacteria.



*For a tailor-made immune supporting program contact Terrie*

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