



Nutrition Education



Good sources of probiotic foods

- Fermented dairy foods like yogurt, kefir and aged cheeses
- Miso, kimchi, pickles, sauerkraut and tempeh
- Cultured non-dairy yogurts
- Kombucha Tea
- Sourdough bread (minimal amount)

Sources:
The Academy of Nutrition and Dietetics

Created by Heather Cuellar, RD
Presented by: Becky Bruno,
Senior Meals Program Manager

April 2022

Probiotics

For the past couple of years we have heard about “germs” and “bacteria” more than ever due to the ongoing COVID pandemic. **Let’s change gears and talk about some “friendly” bacteria, Probiotics!** Probiotics are live organisms and are also known as the gut flora. These can be found in your GI tract and offer many benefits to health. Probiotics in the GI tract help to reduce GI infections, may help with diarrhea, ease IBS symptoms, reduce inflammation, boost immunity and overall health.

While you can find probiotics in a supplement form, it is not necessary to obtain it that way when there are many ways you can get it naturally in everyday foods.

Try incorporating the “good bacteria” into your diet for optimal health benefits.

PROBIOTIC FOOD



kombucha



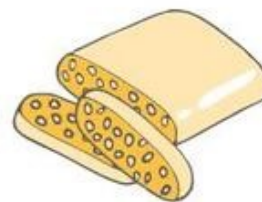
sauerkraut



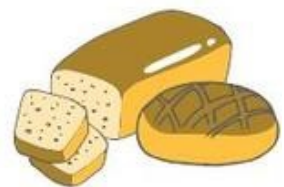
dairy products
(yogurt, kefir, aged cheeses)



miso soup



soy tempe



sourdough bread