

FERMENTED FOODS

Consumption of fermented, probiotic foods has many benefits. Microflora that lives in fermented foods creates a protective lining in the intestines and shields it against pathogenic factors. To get that healthy dose of bacteria, it's essential to consume top probiotic foods. Fermented foods lead to an increase of antibodies and a stronger immune system; plus, they regulate the appetite and reduce sugar and refined carb cravings. If you're new to fermented foods, start with half a cup per day and build up from there.

Here is a list of the 10 healthiest fermented foods and vegetables that will get you going:



Kombucha

Kombucha is a fermented beverage. After being fermented, kombucha becomes carbonated and contains vinegar, B-vitamins, enzymes, probiotics and a high concentration of acid (acetic, gluconic and lactic). Drinking kombucha improves digestion, helps with weight loss, increases energy, detoxes the body and supports the immune system.



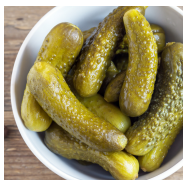
Kefir

Kefir is a fermented milk product (cow, goat or sheep milk) that tastes like a drinkable yogurt. Benefits include high levels of vitamin B12, calcium, magnesium, vitamin K2, biotin, folate, enzymes and probiotics. It boosts immunity, heals irritable bowel disease, builds bone density, fights allergies, kills candida and improves digestion.



Sauerkraut

Sauerkraut is made from fermented cabbage, it's high in dietary fiber, vitamin A, vitamin C, vitamin K and B vitamins. It's also a great source of iron, copper, calcium, sodium, manganese and magnesium. Sauerkraut boosts digestive health, aids circulation, fights inflammation, strengthens bones and reduces cholesterol levels.



Gherkins/Pickles

Gherkins contain a tonne of vitamins and minerals, plus antioxidants and gut-friendly bacteria. One small gherkin contains 18 percent of your vitamin K daily value, that's an essential fat-soluble vitamin which plays an important role in bone and heart health.



Miso

Miso is created by fermenting soybean, barley or brown rice with koji, a fungus. It boosts the immune system and improves bone health and promotes a healthy nervous system.

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Tempeh

Tempeh is a soybean product that is created by adding a tempeh starter (which is a mix of live mould). Tempeh reduces cholesterol, increases bone density, reduces menopausal symptoms, promotes muscle recovery and has the same protein quality as meat. It contains high levels of vitamins B5, B6, B3 and B2.



Natto

Natto consists of fermented soybeans. It contains the extremely powerful probiotic *bacillus subtilis*, which has been proven to support the immune system and cardiovascular health; it also enhances the digestion of vitamin K2.



Kimchi

Kimchi is made from vegetables including cabbage, plus spices and seasoning and contains high levels of antioxidants.



Raw cheeses

Raw milk cheeses are made with milk that hasn't been pasteurised. Goat milk, sheep milk and cows milk soft cheeses are particularly high in probiotics, including *thermophilus*, *bifidus*, *bulgaricus* and *acidophilus*. Probiotics benefits include healing digestive issues, neurological disorders and mental health problems; plus, probiotics boost the immune system and destroy harmful bacteria.



Probiotic yoghurt

Probiotic yoghurt intake is directly associated with better overall diet quality, healthier metabolic profiles, healthier blood pressure and increased triglyceride levels. Yoghurt is also an excellent source of calcium, potassium, magnesium, zinc, and vitamins B2 and B12.

References

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