

FERMENTED FOODS LIST

FUNMEDDEV Ltd.

Your health today and tomorrow

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Throughout history, different cultures have included fermented foods in their diet, which would have acted like 'probiotics' and as a result supported intestinal health. Here are examples:






Fermented Milk Products

-  Acidophilus milk
-  Cheeses
-  Crème fraîche
-  Cultured buttermilk
-  Dahi
-  Filmjök
-  Kefir
-  Kumis
-  Labneh
-  Lassi
-  Shabat
-  Sour cream
-  Viili
-  Yogurt
-  Quark


Meat, Fish & Vegetable Proteins

-  Chorizo
-  Natto
-  Salami
-  Tempeh

Flavour Enhancers

-  Miso
-  Soy sauce
-  Tabasco sauce
-  Tamari
-  Worcestershire sauce

Beverages

-  Brottrunk
-  Kombucha tea

Others

-  Kimchee
-  Olives
-  Pickles
-  Sauerkraut
-  Sourdough bread
-  Vinegar