

# 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
- ✚ Beet kvass