

FERMENTED - FOODS - *to know about*



1. Liquids

Beer
Wine
Tepache
Pulque

Water kefir
Kombucha
Shrubs
Root beer

2. Condiments

Soy sauce
Fish sauce
Fermented ketchup
Asian chili sauces

Vinegar
Worcestershire sauce
Fermented sriracha



3. Milk-Based

Yogurt
Milk kefir
Cultured buttermilk
Lassi

Creme fraiche
Sour cream
Yakult

4. Beans, Grains and Seeds

Miso
Tempeh
Fermented rice noodles

Fermented bean paste
Cocoa
Sourdough



5. Fruits and Vegetables

Pickles
Pepperoncini
Any fermented vegetable - green beans, beets, carrots, peppers, cauliflower, onions, garlic

Kimchi
Sauerkraut

Have a fork - or cup - ful or more a day
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