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**The Best Probiotic Foods
for a Healthy Gut**



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Cottage cheese is stock full of live and active cultures and is also high in calcium!



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Kimchi is a Korean fermented-cabbage dish that provides a kick of flavor. Along with being full of probiotics, it can reduce inflammation and improve your immune system.



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The cabbage found in **sauerkraut** is fermented with lactic-acid bacteria, which helps keep your gut in balance.



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Yogurts naturally contain probiotic cultures that benefit your digestive tract.



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Miso is a fermented soybean-based paste found in many traditional Japanese dishes. Along with being rich in probiotics, it is also high in protein, calcium, iron, and magnesium.



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Cucumber **pickles** that are brined in saltwater and fermented are full of good bacteria.



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Kombucha is a fermented tea made with sugar, tea, bacteria, and yeast.



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Apple cider vinegar

The acetic acid found in this vinegar can aid digestion and weight loss.



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Designed exclusively for
matters of wealth — including your health

