

7 Must-Eat Fermented Foods for a Healthy Gut

It is estimated that 500 to 1,000 species of bacteria live in the human gut. The gut flora may **improve digestion, boost immunity** and—according to some preliminary studies—they **may even help us get leaner**. Research is still emerging on just how important these mighty microbes might be for our health, but the early results are promising. There's plenty you can do now to encourage their growth. The most effective way is by eating foods packed with probiotics—good bacteria that live in your gut and show up in fermented foods. Add these seven fermented foods to your diet for a healthy dose of probiotics.

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Miso

A fermented paste made from barley, rice or soybeans, miso adds a nice umami flavor to dishes.



Kimchi

Sauerkraut's Korean cousin, this fermented cabbage is spicy.



Tempeh

Tempeh is made from naturally fermented soybeans. It contains all the essential amino acids, and is a complete source of vegetarian protein.



Kombucha

Kombucha is a tangy, effervescent tea—typically black or green. The drink is often flavored with herbs or fruit.



Yogurt

Yogurt labeled with the "Live & Active Cultures" seal guarantees 100 million probiotic cultures per gram at manufacturing time.



Kefir

A fermented milk drink—it tastes a bit like drinkable yogurt—kefir is full of calcium.



Sauerkraut

Made from just cabbage and salt, this fermented food delivers a healthy dose of fiber.

Recipes with Fermented Foods

Dressings and Sauces

Kefir Ranch



2 cups kefir
1 tsp onion powder
1 tsp garlic powder



1 tsp salt
1 tbsp lemon juice

Mix all the ingredients together.

Green Dressing/ Spread



1 cup kefir
1 tsp apple cider vinegar
1 tsp ground ginger



1 avocado



1 tsp turmeric
1 tsp cumin



1 tsp salt

Mash avocado, and mix in the rest of the ingredients.

Apple Cider Vinaigrette



1 tbsp Dijon mustard
1/4 cup apple cider vinegar
2 tbsp lemon juice



1 garlic clove, minced
1/3 cup olive oil
1-2 tbsp honey



Salt and Pepper, to taste

Add all the ingredients to a container, shake to mix.

Meals

Sourdough Tempeh Reuben

- o 2 slices sourdough, toasted
- o 1 tbsp Dijon mustard
- o 1 slice Swiss cheese
- o 3 slices tempeh
- o Sauerkraut

Pan fry tempeh until heated through.

Assemble your sandwich with the rest of the ingredients.

Tuna Sandwich

- o 2 slices whole grain bread, toasted
- o 1 (4 oz.) canned tuna, drained
- o 1/4 cup shelled edamame
- o 1.5 tsp. white miso
- o 2 minced scallions
- o 1 minced small red chili
- o 2 tbsp chili oil, optional
- o Salt and Pepper to taste

Mix all the ingredients together, and spread onto toasted bread.

Vegetable Miso Soup

- o 2 cups water
- o 1/2 cup carrots
- o 1/2 cup mushrooms
- o 1/2 cup shredded cabbage
- o 1/2 cup green onion
- o 1/2 cup firm tofu
- o 2 tbsp miso paste
- o 1 large seaweed sheet, optional

Simmer water for 5-7 minutes. Add in the seaweed if desired.

Prepare miso by mixing with a little warm water until dissolved. Stir into the simmering water.

Add remaining ingredients and cook for another 5 minutes.