Probiotics are beneficial bacteria that balance your intestinal bacteria, improving gastrointestinal and immune health. Various probiotic supplements are available, but many foods contain a natural source of this healthy bacteria:

- Yogurt
- Kombucha (a fizzy, fermented, sweet tea beverage)
- Aged Cheese (cheddar, swiss, gouda, etc.)
- Tempeh (made of fermented soybeans—has a meaty texture)
- Sauerkraut (fermented cabbage)
- Kefir (fermented milk beverage with a sour, tart taste)
- Miso (use a small spoonful to flavor soups or marinades)
- Kimchi (spicy, fermented cabbage)