



Sky Hill Institute
Empower the Healer Within!

Probiotic Foods

For general health:

Include some of these probiotics rich foods in your diet

- Miso (fermented soybean used to make a clear broth soup)
- Kefir (cultured dairy beverage)
- Yogurt (cultured dairy)
- Sauerkraut (fermented cabbage)
- Kombucha (fermented green tea based beverage)
- Raw apple cider vinegar (use in preparation of salad dressings)
- Rejuvelac (beverage made from fermented wheat berries)

Note:

Probiotic rich foods are foods that are fermented/cultured. In these foods, as bacteria grow, they convert sugar to lactic acid giving the food its “sour” taste. Historically, this process was created as a way to preserve foods.

Reminder:

After use of antibiotics, replace intestinal bacteria by taking a probiotic supplement with CFU's (colony forming units) in the billions. Always check the expiration date on the bottle; since these are live bacteria, it is important to make certain that they are still alive.

Will eating probiotics foods replace the beneficial bacteria in my intestinal tract?

Generally yes. After antibiotic use, however, it is believed that foods alone are not enough to replace beneficial bacteria. This is when it becomes important to take a probiotic supplement and to make certain that the supplement you chose contains enough bacteria to re-colonize the intestines.

Sky Hill Institute is a 501(c)(3) nonprofit organization.

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