



## Greek Yogurt

A classic probiotic-rich food that contains Lactobacillus, a type of good bacteria that helps with digestion

## Sauerkraut

Contains beneficial bacteria that helps protect against harmful bacteria and toxins



**Pack a Punch  
with  
Probiotics:  
Try them  
out!**



## Kefir

A creamy drink made from kefir grains that contain 61 strains of bacteria that aid in digestion and metabolism

## Miso

A fermented food that contains probiotics that can help with digestive issues and gastrointestinal illnesses

