



# PROBIOTIC FOODS

# GREEK YOGURT

- Yogurt contains plenty of probiotics.
- It helps to keep our cells healthy, to build strong bones, effective heart functioning and etc.





# TEMPEH

- Tempeh or fermented soybeans are also good source of probiotics.
- It is commonly used as alternative to meat.



# KEFI

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- Kefir is a powerhouse of probiotics.
- It is an excellent source of calcium and protein also.
- It may help ease diarrhea, constipation and etc



# KOMBUCHA



- Kombucha is a type of tea that has been fermented.
- It is a good source of probiotics, which have many health benefits like digestion, weight loss and etc.





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# FRESH PICKLES

- Fresh Pickles are an excellent source of probiotics.
- Infact, one large sized pickle also offers required amount of fiber as well as potassium too.

