

Autumn Health Picks

FERMENTED FOODS



OCTOBER 28, 2020

Key Takeaways

1. Fermented foods and beverages made by extensive microbial growth
2. Some fermented foods retain live cultures while others have no living cultures
3. Fermented foods **MAY** add beneficial bacteria to our digestive tract

What can you do at home?

- Ingredients/allergens
- Genus, species, and strain of the probiotic
- Claims/recommended use
- Storage information
- Daily dosage
- Best before date
- CFU/g (Colony forming Units)