

## Where to Buy Probiotic Rich Foods



Probiotic Rich Foods (PRF) must be carefully sought out in our food markets today. Due to **pasteurization, food manufacturing process, and preservatives**, most of the microbes from our food are being altered and or grossly depleted by the time our food reaches our table. When we eat food from bags and boxes intended to be helpful and easy to access, we are unfortunately getting minimal to no microbial benefits as well.

Whole Foods, including carbohydrates, proteins and fats are loaded with microbes. You will find these foods all over your supermarket. Yogurts and jarred foods in the supermarket need to be carefully reviewed because of their processing. **Yogurts will be weaker if they are not homemade** and you will benefit more from the protein content than the bacteria. **Jarred foods will typically have iodine and or vinegar** added; such as pickles, sauerkraut, and pickled foods. Unfortunately, **iodine and vinegar kill bacteria** and you will no longer have a probiotic rich food but only a digestible carbohydrate.

I would like to start a list on this website of probiotic rich foods that are beginning to be sold in our markets. Please feel free to send me your finds! Presently, there is a company called **Farmhouse Culture**, that is available at **Whole Foods who make** probiotic liquid shots. At **Costco**, there is a terrific sauerkraut called "**Wildbrine.**". Additionally, you can find a probiotic rich

drink called Kombucha in **Costco**. They sell the **GT's brand and it is called Gingerade**. It has fizz and a delightful ginger taste and sells for about \$14.99.

A great place to seek out PRF is your **local Farmer's Market**. In Arizona, we have a company called **Garden Goddess** and the owner **Suzette Smith**, is doing an amazing job of making PRF in her sauerkraut and beet kvass. You can find her at **[www.gardengoddessferments.com](http://www.gardengoddessferments.com)** or send her an email at **[suzette@gardengoddessferments.com](mailto:suzette@gardengoddessferments.com)** and tell her I sent you! Please let me know what you find in your neighborhood!