

Fermented Foods Starter Guide™

Explore fermented foods in small, comfortable portions and discover which choices fit your meals and digestion.

Choose one food to try. Begin with a small amount and increase only if it feels comfortable.

1 Yogurt or Kefir

Plain yogurt • Greek yogurt •
Dairy or non-dairy kefir

What to look for:

Look for live and active cultures and an option that suits your dietary needs.

Start with:

A few spoonfuls of yogurt or a small pour of kefir.



2 Sauerkraut or Kimchi

Refrigerated sauerkraut • Kimchi

What to look for:

Choose naturally fermented products when possible. Heat-treated versions may not contain live microbes.

Start with:

One teaspoon alongside a meal.



3 Miso or Tempeh

Miso paste • Tempeh

What to know:

These fermented soy foods can add savory flavor, protein or variety to meals.

Start with:

A small serving in a familiar meal.



4 Fermented Drinks

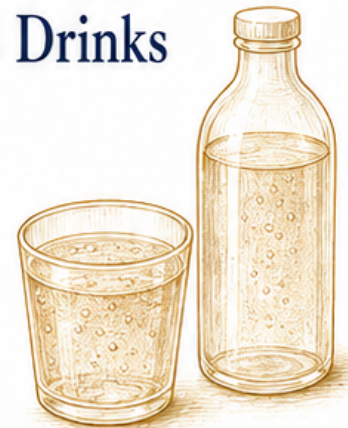
Kombucha • Water kefir

What to notice:

Check added sugar, caffeine and serving size. These drinks may not suit everyone.

Start with:

A small pour rather than a full bottle.



Your Gentle Introduction

1



Choose

Start with one fermented food.

2



Pair

Have it with a familiar meal.

3



Notice

Watch comfort, bloating and bowel habits.

A Few Things to Know

- ✓ Fermented does not always mean probiotic.
- ✓ More is not automatically better.
- ✓ Some choices are high in sodium or added sugar.
- ✓ Histamine-sensitive people may need extra care.

Martine's Midlife Wellness Tip



Use fermented foods as a small addition, not another wellness rule you have to follow perfectly.

Adjust for allergies, food sensitivities, digestive conditions and guidance from your healthcare provider. Use safe refrigeration and follow package directions.