

Probiotics

Taking antibiotic medication can be hard on your gut and keeping probiotics in your diet is a great way to prevent an upset stomach and encourage healing.

Probiotic supplements can be taken but adding them to your diet is the best way to keep your gut flora happy.

Examples of ways to add probiotics into your diet

Look for active or live cultures on the labels

Yogurt	Kefir
Sauerkraut	Tempeh
Kombucha	Kimchi
Pickles	Miso
Natto	Traditional buttermilk
Apple cider vinegar with “the mother”	Raw and unpasteurized cheeses
Fermented fruits and vegetables	Brine cured olives

How to add them to your diet:

1. Probiotic yogurt with fruit or blended as a smoothie – if you follow a dairy free lifestyle there are many recipes on the internet using almond and coconut milk.
2. Using tempeh as a meat replacement – such as in a stir-fry or in a sandwich– but cook at the very end to be sure not to destroy the live cultures.
3. Adding sauerkraut to the side of any dish.
4. Using miso paste in soups or marinades for seafood.

There are many recipes out there on the internet that can be explored as well.