

# Top 10 Fermented Foods for Health

The 10 best fermented foods, from yogurt and kefir to kimchi and miso, with the evidence on the gut microbiome, servings, and sodium and MAOI cautions.

## 1 Yogurt

Live cultures, protein, calcium

**Serving:** 3/4-1 cup

The most-studied fermented food.

## 2 Kefir

Live cultures, calcium

**Serving:** 1 cup

Diverse bacteria and yeasts.

## 3 Sauerkraut

Live cultures, vitamin C, fiber

**Serving:** 2 tbsp-1/2 cup

Fermented cabbage with fiber and vitamin C.

## 4 Kimchi

Live cultures, fiber, vitamins

**Serving:** 1/4-1/2 cup

Spicy Korean fermented vegetables.

## 5 Miso

Isoflavones, protein, live cultures (unheated)

**Serving:** 1 tbsp

Fermented soybean paste.

## 6 Tempeh

Protein, fiber, isoflavones

**Serving:** 3 oz

Fermented whole soybean cake.

## 7 Aged Cheese (e.g., Cheddar, Gouda)

Calcium, protein, live cultures

**Serving:** 1 oz

Some aged cheeses carry live cultures.

## 8 Kombucha

Organic acids, polyphenols

**Serving:** 4-8 oz

Fermented tea with acids and some microbes.

## 9 Natto

Vitamin K2, protein, nattokinase

**Serving:** 1 small pack (about 1.5 oz)

Fermented soybeans rich in vitamin K2.

## 10 Pickles (Brine-Fermented)

Live cultures, sodium

**Serving:** 1 small pickle

Lacto-fermented cucumbers.

**How to use this list:** pick two or three foods to add this week, build on them over time and aim for variety. Full evidence, cautions and sources are on the web guide: [healatlasc.com/healthy-foods/fermented-foods/](https://healatlasc.com/healthy-foods/fermented-foods/)