

Cultured Food Examples

The image shows two glass cups filled with white yogurt, topped with fresh strawberries, blackberries, and granola. The cups are placed on a light-colored wooden cutting board. In the background, there is a red and white checkered napkin and a silver spoon. The overall scene is set on a rustic wooden surface.

Written by:
Marilyn Williams
Certified Nutritional Counsellor &
Dietary Consultant



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Yoghurt

Yoghurt

I'm totally sure we are all very familiar with yoghurt... everyone knows that it's good for them. But is it? Not always, I'm afraid!

Most of the yoghurts available in the supermarkets need to be left right there in the fridge. They are full of sugar, artificial additives, colours, sweeteners and... added hormones given to the cows. No, they are NOT for you. 😊

You must learn to not be fooled by the manufacturer's claims of health. Sometimes this is easier said than done. Learning to make your own yoghurt is still the best you can do... especially if you have access to 'raw milk'... by owning your own cow.

Most of us don't have that privilege so we need to buy at the store:

- Choose plain yoghurt – full fat. Why is this? Because to make the yoghurt taste good they add thickeners, sugar and so on. (Remember I said, don't be fooled!)
- Make sure that it contains 'live cultures'. These are the beneficial bacteria your body needs.
- Sweeten if necessary, with fruit, a small amount of raw honey or real maple syrup.





Kombucha

Kombucha

Kombucha is one of the age-old fizzy remedies that's good for gut health.

Not a hard drink to make at home and certainly comes with a whole host of benefits.

Based on tea, together with sugar, a scoby and some Kombucha from the last batch, it's left to ferment for a period time.

Although made from tea, the finished product doesn't taste like it at all. There's virtually no sugar left in it either, as the bacteria use it as food.

As you might be wondering what a 'scoby' is... 'symbiotic culture of bacteria and yeast'. These are the beneficial bacteria's... not the bad kind!



Image: zerowastechef.com

- Boosts immunity
- Builds Bone Strength
- Potentially fights Cancer
- Supports Digestion

- Combats IBS
- Improves allergies
- Heals skin
- Improves Lactose Intolerance symptoms



Milk Kefir

Milk Kefir

This easy-to-make-at-home Milk Kefir is made using either cow's milk or goat's milk. It can be made out of coconut milk just once before it needs to be remade back in cow's milk.

You need to source the grains, but once you have them, they keep on multiplying, so you always have it on hand to make a batch.

You can drink it as it is or there are many other uses.

Benefits:

- Great source of many nutrients
- More powerful probiotic than yoghurt
- Boosts your immunity
- Builds your Bone Strength & lowers risk of osteoporosis
- Potent antibacterial properties
- Potentially fights cancer
- Supports digestion and combats IBS
- Improves allergies and asthma
- Heals skin
- Improves lactose intolerance symptoms

Some uses:

- In smoothies
- Ice Cream base
- Salad dressing
- Cream cheese
- Started for sourdough
- Leavening agent





Water Kefir

Water Kefir

Water Kefir makes a wonderful cheap probiotic drink and it's so easy to make.

These grains are different to the ones used in milk kefir. You cannot interchange them.

You simply make up a sugar and water base and then add the grains. Leave for a couple of days and then strain the grains out.

At this stage it doesn't taste anything special, but simply by adding in some fruit or a little fruit juice and leaving it for another couple of days, you can make a really fizzy, tasty, good-for-you drink. Yum!



Image: littlecocofootprints.com

It's not as high in probiotics as milk kefir, but it's so easy and tasty to drink regularly.

Ginger Switchel



• Image:ediblekansascity.com

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Ginger Switchel

What I truly love about this drink is the fact that you can make it up right then and there if you've got all the ingredients on hand.

Contains:

- Raw Apple Cider Vinegar (with the mother)
- Water
- Ginger juice
- Real Maple Syrup or Raw Honey

Mix them all together and drink!

NB: If you are making it from ginger root, you need to leave it in the fridge over night for the flavours to blend.

Great for Digestion

- ACV
 - Probiotic
- Ginger
 - Prebiotic
 - Anti-inflammatory

Idea!

I buy fresh ginger root and put it through the juicer.

Then pour this into small ice block trays to freeze.

Then I empty them into a container and keep them on hand in the freezer.

I like to have one ice block per day in one of a variety of drinks.



Probiotic Killers

This list shows the top culprits that destroy gut bacteria. They include:

- Alcohol, except for red wine
- Emotional stress
- GMO foods
- Lacking exercise
- Medications
- Poor sleeping habits
- Smoking
- Sugar
- Too many prescription antibiotics

High-Quality Probiotic Supplement

When buying a good probiotic, you should expect to see the following list on the bottle, in alphabetical order:

- Bacillus coagulans
- Bacillus subtilis
- Bifidobacterium bifidum
- Bifidobacterium breve
- Bifidobacterium infantis
- Bifidobacterium longum
- Lactobacillus acidophilus
- Lactobacillus brevis
- Lactobacillus bulgaricus
- Lactobacillus casei
- Lactobacillus rhamnosus
- Saccharomyces boulardii

