The 10 best probiotics for vegans



Probiotics are beneficial bacteria that live in the body and provide several health benefits. They are also present in some foods and supplements. The best vegan probiotics

The best vegan probiotic foods include:

1. Sauerkraut

Sauerkraut is a fermented cabbage dish that is popular in many Eastern European countries.

2. Kimchi

Kimchi is a spicy, fermented cabbage dish that is popular in Korean cuisine. It contains probiotics, vitamins, and antioxidants.

3. Pickled vegetables

Pickling vegetables in brine creates a tasty, probiotic-rich snack or side dish that is suitable for vegans.

4. Kombucha

Kombucha is a fermented tea that has had a revival in recent years. To brew kombucha, people will need a SCOBY starter, which is a symbiotic culture of bacteria and yeast. This gelatinous mass does not look very appetizing, but it is full of beneficial microorganisms.

5. Water kefir

Water kefir is a probiotic beverage. As with kombucha, it requires a starter culture of bacteria and yeast, which comes in the form of water kefir grains. These are available online, in health-food stores, or from fermented-food enthusiasts.

6. Tempeh

Tempeh is a soy-based food that is similar to tofu but involves the fermentation of the soybeans. As a result of this fermentation, tempeh is rich in probiotics and protein. Its firm texture makes it suitable for use in a variety of dishes.

Vegans can use tempeh in salads, stir-fries, burgers, sandwiches, and more. It is also an excellent source of protein.

7. Sourdough bread

Traditional sourdough bread requires a sourdough starter, which is a combination of flour and water that has fermented for several days.

8. Miso

Rich in antioxidants, B vitamins, and beneficial bacteria, miso soup is a great option for vegans looking for a probiotic fix.

9. Fortified dairy alternatives

Some fermented dairy alternatives, such as soy- and nut-based milk and yogurts, contain live cultures.

10. Supplements

While probiotic-rich foods are a good option for vegans, not everyone has the time to make these foods, and some people may not like how they taste. In these cases, supplements offer an easy alternative.