



# Let's Get Cultured!

## The Value of Cultured & Fermented Foods & Fiber in Our Diet

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### We Recommend You Watch & Read:

- You Tube: Sandor Katz, author and fermentation revivalist, presenting *The Art of Fermentation: Fermenting Vegetables* and many more videos.
- You Tube: Dr. Mercola presents *Fermented Vegetable Demo*.
- Book: *Wild Fermentation: The Flavor, Nutrition and Craft of Live-Culture Foods* by Sandor Katz, available today at Brighter Day for 10% off the jacket price.

### What are Fermented Foods?

Foods are put through a simple process that allows natural bacteria to act on the sugars and starches in the food to produce lactic acid. This process preserves the food and nutrients, and even creates some strains of health-supporting probiotics, enzymes and nutrients. Fermentation also breaks down the food to allow for easier digestion. Read whole story here: <http://wellnessmama.com/2245/health-benefits-fermented-foods/>

### Why are Fermented Foods Good for Us?

Fermented foods serve as prebiotics to feed the gut microbiome and help keep us healthy. For the full blog article go to "Fermented Foods Bubble with Healthful Benefits," first appearing in the Washington Post in 2012.

### What is A Human Biome or Microbiome?

Human Biome= Human microbiome. The 100 trillion or so healthy bacteria that live on or in the human body, currently being studied in the Human Microbiome Project



## Peter's List: Best Fermented & Cultured Foods to Include in Your Diet

### Make or Buy Cultured Vegetables

**Sauerkraut** - Traditionally made with regular cabbage as the main ingredient. If purchased from a store, only buy refrigerated, as it contains the live bacteria (probiotics). Off-the-shelf has no live bacteria.

**Kimchi** (Korean Sauerkraut) - Usually made with regular or nappa cabbage, but it also comes in varieties made from Daikon radish and small cucumbers. Usually spicier! If purchased from a Korean market it probably has fish sauce in it.

### Fermented Soy Products

**Miso Paste** - Again, only purchase if refrigerated. When using miso as a soup stock, add it after the water temperature is well below boiling to preserve the living culture.

**Tempeh** - A fully cultured soy product originally from Indonesia. The proteins in tempeh are far more digestible than those in tofu. There are many great ways to cook with Tempeh. Look for recipes online or in the classic book, The Book of Tempeh.

**Tamari** is the traditional soy sauce and is made from the liquid that forms when miso is being made. It is the preferred form of soy sauce to use as a condiment.

**Natto** is also cultured from soy and popular in Japan. It has been called the "limburger cheese of soy," because it has a very intense smell and flavor. Natto also has a strange texture, an okra-like stringiness.

### Specialty Drinks

**Kombucha** This delicious drink is made by adding a "Scobie" and sugar to black or green tea, and then allowing it to ferment. The scobie is a mixture of beneficial yeasts and bacteria that converts the tea and sugar into a very healthy probiotic beverage.

### Dairy-based

**Yogurt** - Always look at the label for the wording, "contains active cultures," instead of "made with active cultures." The first indicates that it definitely still contains the live, beneficial bacteria

**Kefir** - I call it "yogurt on steroids!" Kefir has a larger variety of probiotic bacteria and beneficial yeasts, usually 12 or more strains, and is a great support for the digestive system.

### Other Fermented Foods

#### **Sourdough Breads**

German Sourdough Rye is fermented and contains both Inulin and FOS and is a great source of fiber.

**Cheeses & Butters Rich in Butyric Acid** give the colon cells energy so they can do their job. Try Parmesan, Emmentaler Swiss Cheese and all butter, especially fermented & unsalted. Butyric Acid helps prevent Colon Cancer and is very therapeutic for persons with colon health problems like Ulcerative Colitis.

# Why You Want to Eat High Fiber

Current research says you'll improve gut health and digestive function by feeding your beneficial probiotic bacteria. You probably know that high fiber helps constipation and bowel health. You may *not* know that it also lowers cholesterol, helps control blood sugar and aids in achieving a healthy weight. Go to [www.mayoclinic.org](http://www.mayoclinic.org) and read all about it in *Dietary Fiber: Essential for a Healthy Diet*.

## Best Types of Fiber to Feed Your Biome

**Inulin** is a Fructan Glycan Polysaccharide comprised of linked units of Fructose - that is the technical term. It is found in numerous foods and specifically feeds the bifidobacteria in the large intestine and enhances the production of Butyric Acid in the colon.

Inulin is found in chicory root, burdock root, dandelion root, Jerusalem artichokes, garlic, leeks, onions, wheat, rye, barley, bananas. New Orleans style coffee is made from 50% chicory root, so it is an excellent probiotic drink. Natural coffee substitutes such as Dandy Blend, Pero, and Cafix also contain high amounts of Inulin.

**FOS** - Fructooligosaccharides are a group of non-digestible oligosaccharides composed of one molecule of sucrose and 3 molecules of fructose. **Consuming 1 to 4 grams of FOS a day can increase the number of beneficial bacteria in both the small and large intestine by 10 fold!** FOS is converted to butyrate, a short-chain fatty acid that nurtures gut cells and improves colonic integrity.\* It also increases uptake of minerals like calcium and iron.

FOS is found in Jerusalem Artichokes, Chicory root, Leeks, Onions, Garlic, Tomatoes, Oats, Rye, Beer, Asparagus and in FOS supplements available at Brighter Day.

**Top 33 PreBiotic Foods**

Vegetables	Fruits
Artichokes	Tomatoes
Radishes	Apples
Carrots	Berries
Cucumbers	Bananas
Asparagus	Mango
Bell Peppers	
Onions	
Leeks	
Jicama	
Beets	
Yams	
Garlic	
Daikon Radishes	
Dandelion Greens	
Chicory Root	
Sweet Potatoes	
Cabbage	

  

Other Sources
Honey
Dark Chocolate
Coconut Flour
Flax Seeds
Hemp Seeds
Pumpkin Seeds
Chia Seeds
Legumes
Quinoa
Wild Rice
Ginger Root

The infographic features a woman with long brown hair, wearing a white t-shirt, smiling and holding a variety of fresh vegetables and fruits. The background is a light blue gradient with a faint image of a woman's face. A small logo for 'Dr. Jockers.com' is visible in the bottom right corner.