
Examples of Traditional Fermented Foods

Dairy

YOGURT

GREEK/BULGARIAN-STYLE
YOGURT, YOGURT,
FILMJOLK SKYR

BUTTER

CULTURED BUTTER,
BUTTERMILK

MILK/CREAMS

CLABBERED MILK, SOUR CREAM

KEFIR

CHEESE

FARMERS CHEESE,
AGED CHEESE

Dairy-free

NUT MILK YOGURT, NUT MILK
KEFIR

Fruit

PRESERVED LEMONS,
LACTO-FERMENTED FRUIT
CHUTNEYS, FRUIT BUTTERS,
JAMS

Vegetables

SAUERKRAUT, SAUERRUBEN,
PICKLED GREENS,
SOUR PICKLES, SWEET PICKLES,
PICKLED GARLIC,
PICKLED BEETS, ETC.

Beverages & Tonics

BEET KVASS, HERBAL TONICS
WITH PROBIOTICS, KOMBUCHA,
REJUVELAC, WILD CIDER AND
MEAD, NATURAL SODAS,
WATER KEFIR

Grains

BREAD

SOUR DOUGH

Legumes

MISO, NATTO, TEMPEH, SOY,
TAMARI

Protein

MEAT/FISH

SALT-CURED, DRIED (JERKY)
