Food Trend: Probiotic Products

Cupid's Pulse
Celebrities. Love. Opinions.

By Mara Miller

Taking probiotics is a growing food trend you don't want to ignore. In this food advice, we'll talk about products you can use to introduce probiotics to your body. Gut health can affect everything from your sleep to what kind of foods you can tolerate. It isn't fun to think about the bacteria that live inside of our bodies, but it's important to take care of the good bacteria living in our guts so we can continue to be healthy.

Food Trend: Probiotic Products

1. Olives: Wait, what? Olives are considered a probiotic? Look for naturally cured olives. It's better if you can get olives of a Spanish variety. Not only are they a tasty snack, but eating about five is a great way to get your daily dose of probiotics—just be careful not to eat too many. Olives are packed with salt.

Related Link: Food Trend: 3 Things to Know About Fermented Food

2. Apple cider vinegar: The benefits of using apple cider vinegar are endless. It can be used for a lot of things, from skin care to cleaning. For some people, apple cider vinegar even helps heartburn. Drizzling a little on top of your salad doesn't hurt either since it's packed with probiotics and amino acids.

Related Link: Food Trend: How to Utilize the Reject Food Left in Your Pantry

3. Tempeh: Less known than tofu, tempeh is a soybean meat alternative for vegans and vegetarians who want to get more probiotics into their diet. It is made with fermented soybeans. It holds its shape better than tofu so it can be used in dishes like stir fry and grilled skewers.

4. Probiotic Shots: This might not sound particularly appetizing, but probiotic shots are packed with the good bacteria you need for your gut. They can either be mixed in a morning smoothie or swallowed down like a shot of whiskey…only they're a *lot* healthier for your body.

5. Supplements: Supplements are the next obvious choice in a probiotic product you can use to introduce good bacteria into your body if gut shots or probiotic foods seem unappetizing. Taking a supplement is a simpler solution, giving you the

probiotics you’re missing in your diet.

Probiotic products are everywhere because of this food trend. Have you learned of any that are beneficial to gut health? Let us know in the comments below!