

There are lots of fermented foods in supermarkets such as kefir, yogurt, kimchi, fermented vegetables, apple cider vinegar, kombucha, sauerkraut, certain fermented cheeses, tempeh, miso, fermented pickles, raw cheeses, sourdough bread, ginger beer, cultured butter, crème fraîche, salami, wine, coffee, cocoa, fish sauce, salad dressings.