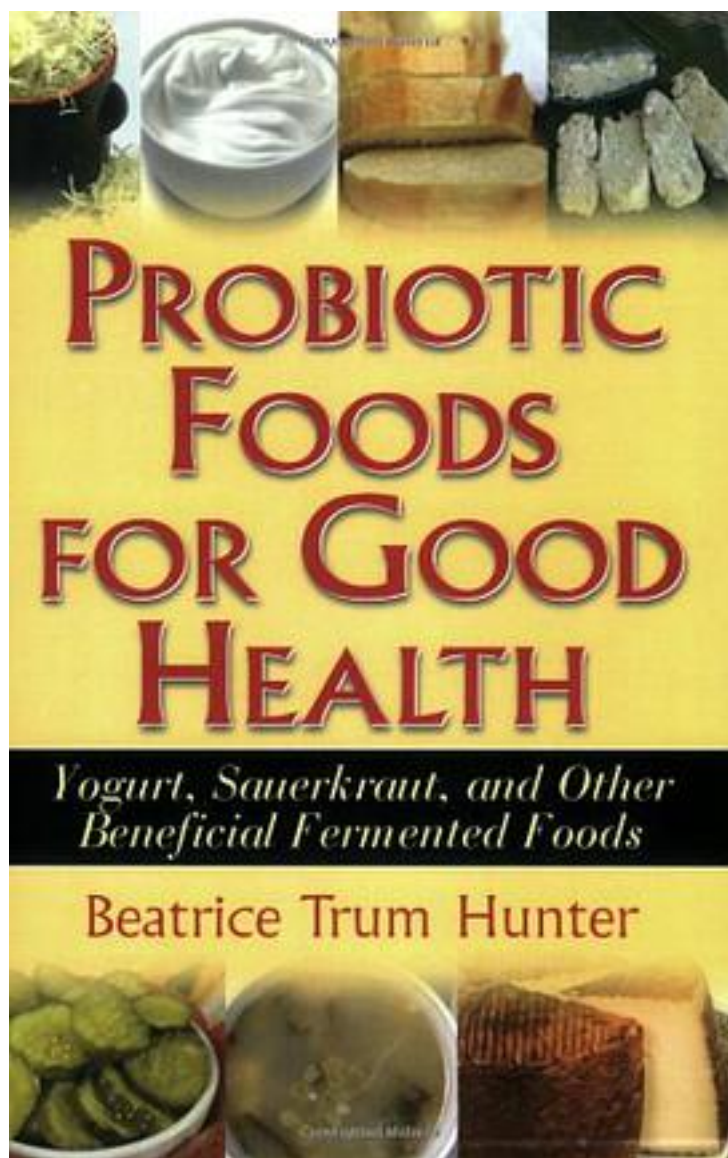


Probiotic Foods for Good Health



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Probiotics are fermented foods cultured by beneficial microorganisms. These foods have values byond their original states as fermentation increases some nutrients, gives foods a tasty zing, and keeps food without preservatives. The beneficial bacteria in fermented foods helps keep the digestive tract healthy and protects against food borne illnesses. This book will clearly explain the special nutritional and therapeutic features of traditional probiotic foods.

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