

# Fermented Food Fit Checklist

Use this one-page check before adding more kimchi, sauerkraut, kefir, yogurt, miso, tempeh, or kombucha.

## 1. Pick One Food

Do not test several fermented foods at once. Choose one familiar option and keep the rest of the meal simple.

## 2. Start Small

Use a small serving first. A food can be microbiome-relevant and still be too loud at a larger dose.

## 3. Check the Main Tolerance Flags

- FODMAP load
- histamine or biogenic amine sensitivity
- carbonation
- acidity
- garlic, onion, chili, or spice load
- sodium
- alcohol traces in some beverages

## 4. Track the Response

Log bloating, gas, reflux, stool changes, flushing, headache, sleep disruption, and next-day symptoms.

## 5. Decide the Next Route

If it fits, repeat before increasing. If it backfires, reduce dose or route to symptom-first troubleshooting instead of forcing a "gut healthy" food.