

# Do all fermented foods contain a probiotic?

Fermented foods are not necessarily probiotic foods. Only some fermented foods contain microbes that meet the strict criteria to be called a 'probiotic'.

## PROBIOTICS

Documented health benefit required

Live microorganisms that, when administered in adequate amounts, confer a health benefit on the host.

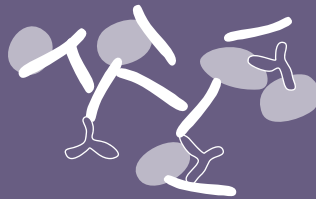
### EXAMPLES \*

- *Bifidobacterium animalis* subsp. *lactis* XYZ
- *L. plantarum* ABC
- *L. casei* 123

\*Strain designations shown here are not actual strains

Probiotics can be added to nutritional supplements or to foods that are not fermented, such as fruit juice or cereal bars. A 'probiotic food' must contain microbes that meet all of the criteria indicated for a probiotic

**Required: live microbes defined to the strain level in sufficient amounts to confer health benefits**



## PROBIOTIC FERMENTED FOODS



Documented health benefit due to the probiotic required.

Some fermented foods are fermented using a microbe proven to be a probiotic, or have had a probiotic microbe added in adequate amounts to provide a health benefit.

### EXAMPLES

- Yogurt containing *B. animalis* subsp. *lactis* XYZ
- Oat fermented by *L. plantarum* ABC
- Milk fermented by *L. casei* 123

## FERMENTED FOODS

No documented health benefit required.

Foods made through desired microbial growth and enzymatic conversions of food components.

Fermented foods frequently contain mixtures of uncharacterized microbes. (e.g., kimchi and kombucha), while some fermented foods have undergone processing and no longer contain live microbes (e.g., sourdough bread and canned sauerkraut).

### EXAMPLES

- Sauerkraut
- Kombucha
- Leavened bread



For more information on probiotics, view our Probiotics infographic

For more information on fermented foods, view our Fermented Foods infographic

