

How are probiotic foods and fermented foods different?

PROBIOTICS

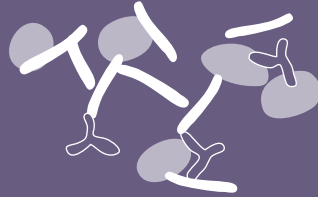
Documented health benefit

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

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 meet all the criteria indicated for a probiotic.



PROBIOTIC FERMENTED FOODS

Documented health benefit due to the probiotic

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

EXAMPLES

- Sauerkraut
- Kombucha
- Leavened bread
- Kefir



Criteria for Probiotics, Probiotic Fermented Foods and Fermented Foods

Probiotic Fermented Foods

Probiotics

Fermented Foods

Documented health benefit



Microbes alive at time of consumption



Microbes at levels that provide benefit



Microbes taxonomically defined to strain level



Genome sequence of microbes available



Safe for intended use



✓ REQUIRED

○ MAY OR MAY NOT, DEPENDING ON FOOD

□ NOT REQUIRED