

# 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

- Microbes alive at time of consumption
- Microbes at levels that provide benefit
- Safe for intended use
- Microbes taxonomically defined to strain level
- Genome sequence of microbes available



✓ REQUIRED

○ MAY OR MAY NOT, DEPENDING ON FOOD

□ NOT REQUIRED



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