**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

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Probiotics</th>
<th>Probiotic Fermented Foods</th>
<th>Fermented Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Documented health benefit</td>
<td>✔</td>
<td>✔</td>
<td></td>
</tr>
<tr>
<td>Microbes alive at time of consumption</td>
<td>✔</td>
<td>✔</td>
<td></td>
</tr>
<tr>
<td>Microbes at levels that provide benefit</td>
<td>✔</td>
<td>✔</td>
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</tr>
<tr>
<td>Safe for intended use</td>
<td>✔</td>
<td>✔</td>
<td>○</td>
</tr>
<tr>
<td>Microbes taxonomically defined to strain level</td>
<td>✔</td>
<td>✔</td>
<td>○</td>
</tr>
<tr>
<td>Genome sequence of microbes available</td>
<td>✔</td>
<td>✔</td>
<td>○</td>
</tr>
</tbody>
</table>

**REQUIRED**

**MAY OR MAY NOT, DEPENDING ON FOOD**

**NOT REQUIRED**