



Do all Fermented Foods Contain Probiotics?

The short answer is no.

Although probiotics can be found in certain types of fermented foods,
not all fermented foods contain probiotics.

Fermented Foods that are NOT considered Probiotic

Beer
Wine
Sourdough bread
Chocolate
Tempeh
Miso

Yogurt*
Kefir*
Uncooked Sauerkraut*
Kimchi*
Kombuchas*



*Contain live microbes

Fermented foods that ARE considered Probiotic

Some Yogurt* (with specific strains)
Some Kefir* (with specific strains)



Criteria for a fermented food to be considered probiotic:



- It must contain a sufficient number of a specific strain of microorganisms that has a direct positive effect on human health, as demonstrated by at least one well-designed human study.¹

Why do the differences matter?

"Mislabelling fermented foods as probiotic makes it difficult to know whether the food has health benefits."²

-Professor Maria Marco, PhD,
Department of Food Science and
Technology at the University of California



So what are the benefits?

When taken in the right dose, probiotics can:

- 1 Reduce symptoms of antibiotic-associated diarrhea
- 2 Assist in digesting fibre & other nutrients
- 3 Help manage IBS & other digestive conditions
- 4 Manage colic in infants

When looking in the grocery store, a fermented product that claims to contain probiotics should display each strain's designation.
CDHF recommends working with a health care professional if you are looking to add probiotics to your diet to treat a specific ailment.

References:

1. ISAPP position statement on minimum criteria for harmonizing global regulatory approaches for probiotics in foods and supplements; 2018 Oct 9. <https://isappscience.org/wp-content/uploads/2018/10/summary-document-probiotics-criteria-ISAPP.pdf>
2. Marco M. Do fermented foods contain probiotics? International Scientific Association for Probiotics and Prebiotics; 2022 Jan 10. <https://isappscience.org/do-fermented-foods-contain-probiotics/>

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