

TABLE 3

## How Probiotics, Probiotic Foods, and Fermented Foods Differ

Probiotics can also be added to foods that are not fermented, such as fruit juice and cereal bars. For such a product to be called a “probiotic food,” it must meet all the criteria indicated for a probiotic.

Characteristic	Probiotic	Probiotic Fermented Food	Fermented Food
<b>Live microorganisms present</b>	Yes	Yes	Not required
<b>Demonstrated health benefit</b>	Must be tested and shown to have health benefit	Must be tested and shown to have health benefit that results at least in part from the live microorganisms present	Not required
<b>Level of live microorganisms in final product</b>	Must deliver level of live microorganisms shown to confer benefit	Must deliver level of live microorganisms shown to confer benefit	No requirement for live microorganisms in the final product
<b>Format</b>	No format stipulated	Food, which is fermented by the probiotic, or the probiotic is added to the food after fermentation	Fermented food
<b>Microbial characteristics</b>	Identified to the strain level	Identified to the strain level	Often undefined, mixed cultures
<b>Examples</b>	<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> BB-12	Yogurt containing <i>B. animalis</i> subsp. <i>lactis</i> BB-12	Sauerkraut Kombucha Kimchi Kefir