

TABLE 4

Fermented Compared to Non-fermented Foods

Fermented		Non-fermented
Fermented and retaining live fermentation microorganisms	Fermented but fermentation microorganisms killed or removed	
Yogurt	Bread, including sourdough (baked)	Chemically-leavened bread
Sour cream		Fresh sausage
Kefir	Shelf-stable pickles and other fermented vegetables (heat-treated)	Vegetables pickled in brine
Most cheeses	Sausage (smoked)	Chemically-produced soy sauce
Miso	Soy sauce (heat-treated)	Non-fermented cured meats and fish
Natto	Vinegar (heat-treated)	
Tempeh	Wine, most beers, distilled spirits (filtered)	
Fermented vegetables	Coffee and cocoa beans (roasted)	
Dry fermented sausages		
Most kombuchas		
Some beers		

Adapted from Marco et al.³⁰