

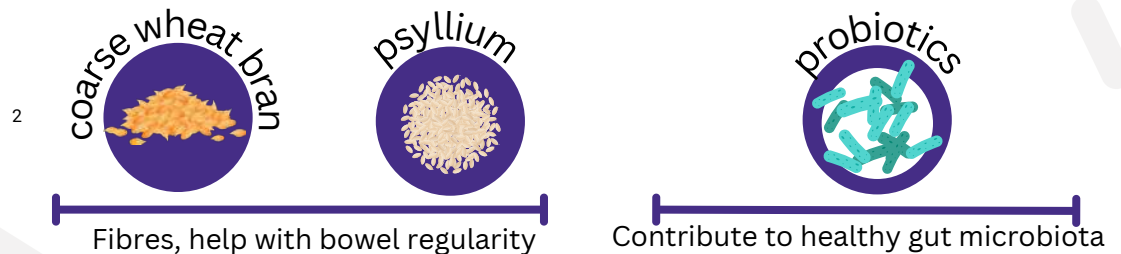
Functional Foods: The Power of Probiotics

What are functional foods?

There is no consensus on the definition of functional foods. Health Canada has proposed the definition of a functional food as being

"Similar in appearance to, or may be, a conventional food, is consumed as part of a usual diet, and is demonstrated to have physiological benefits and/or reduce the risk of chronic disease beyond basic nutritional functions."¹

Examples of functional food components:



Probiotic Foods considered functional foods because they provide health benefits beyond their traditional nutritional function.



Example: Probiotic Yogurt

Probiotics "live microorganisms which when administered in adequate amounts confer a health benefit on the host."³

Fermented Foods with Live Microbes

- Kombucha
- Kimchi
- Sauerkraut



Fermented Foods with Probiotics

- Yogurt (some)
- Kefir (some)



! These foods contain live cultures, but do not meet the definition of a probiotic.

Probiotic foods need to contain specific strains of microbes with scientifically proven health benefits, and should be present in adequate amounts.

***Bifidobacterium lactis* CNCM I-2494**

Genus Species Strain



When Shopping for Probiotic Yogurt:

- Not all yogurts qualify as probiotic yogurts. **It will be clearly indicated on the label of the product if it is probiotic.**
- Products should display each strain's designation though some probiotics sold on the market may also use a simplified trademarked name.

References

1. Health Canada. 2002. Policy Paper - Nutraceuticals/Functional foods and health claims on foods.
2. Canadian Food Inspection Agency. 2019. Health claims on food labels - Function claims.
3. Hill C et al. The International Scientific Association for Probiotics and Prebiotics consensus statement on the scope and appropriate use of the term probiotic. Nat Rev Gastroenterol Hepatol 2014;11(8):506-514.

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