Probiotics vs Fermented Foods

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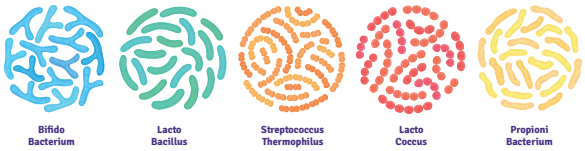
People often think fermented foods and probiotics are the same - but they differ in many important ways! Let's break it down.

What are Probiotics?

What are Fermented Foods?

What are They and What are the Health Benefits?

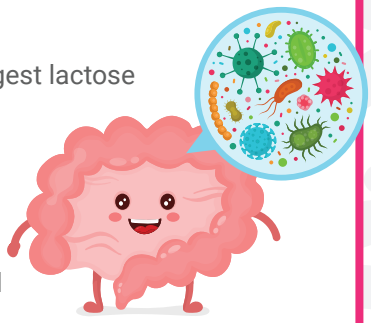


Probiotics are live microorganisms which, when taken in adequate amounts, provide certain health benefit.

Each probiotic is unique, has a very specific intended purpose, with specific types or strains helping to manage certain specific conditions.

- Reducing antibiotic-associated diarrhea
- Managing IBS symptoms like bloating, & changes in bowel habits
- Help us digest fibre & other nutrients

Fermented foods are foods or beverages that are produced by controlled microbial growth. Fermented dairy products, like yogurt, have certain health benefits:



- Improved ability to digest lactose
- Weight management
- Improvement in bone health
- Improvement in blood pressure
- Reduced risk of developing heart disease
- Reduced risk of developing type 2 diabetes
- Reduced risk of developing colon cancer

What Forms Do They Come In?

Probiotics come in various forms. They can be found in certain foods, or in pill or powder form.

-PROBIOTIC YOGURT- -PROBIOTIC KEFIR- -PILL- -POWDER-

They include things like yogurt, kefir, sauerkraut, and miso, among others.

- KOMBUCHA - - TEMPEH - - MISO -

- KIMCHI - - KEFIR - - YOGURT - - PICKLES -

Important Facts!

Not everyone needs to take a probiotic for general "gut health".

It's important that you talk with your doctor, pharmacist, or dietitian before taking a probiotic. Together, you can select an appropriate probiotic that is the most suitable for you.

Important Facts!

Depending on the food, certain species of bacteria, yeasts and molds will carry out fermentation. Microbes that carry out fermentation can still be alive in some fermented foods. However, other foods that undergo fermentation are then processed by pasteurization, smoking, baking, or filtering, which destroys the active microbes.

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Fermented Foods That DO Contain Live Microbes

- Yogurt
- Kefir
- Uncooked Sauerkraut
- Traditional Kimchi

Fermented Foods That DO NOT Contain Live Microbes

- Beer & Wine
- Sourdough Bread
- Chocolate
- Tempeh

Do All Fermented Foods Contain Probiotics?

No.

Not all fermented foods use strains of microbes that have proven benefits for our health, or that can survive the trip through the gut.

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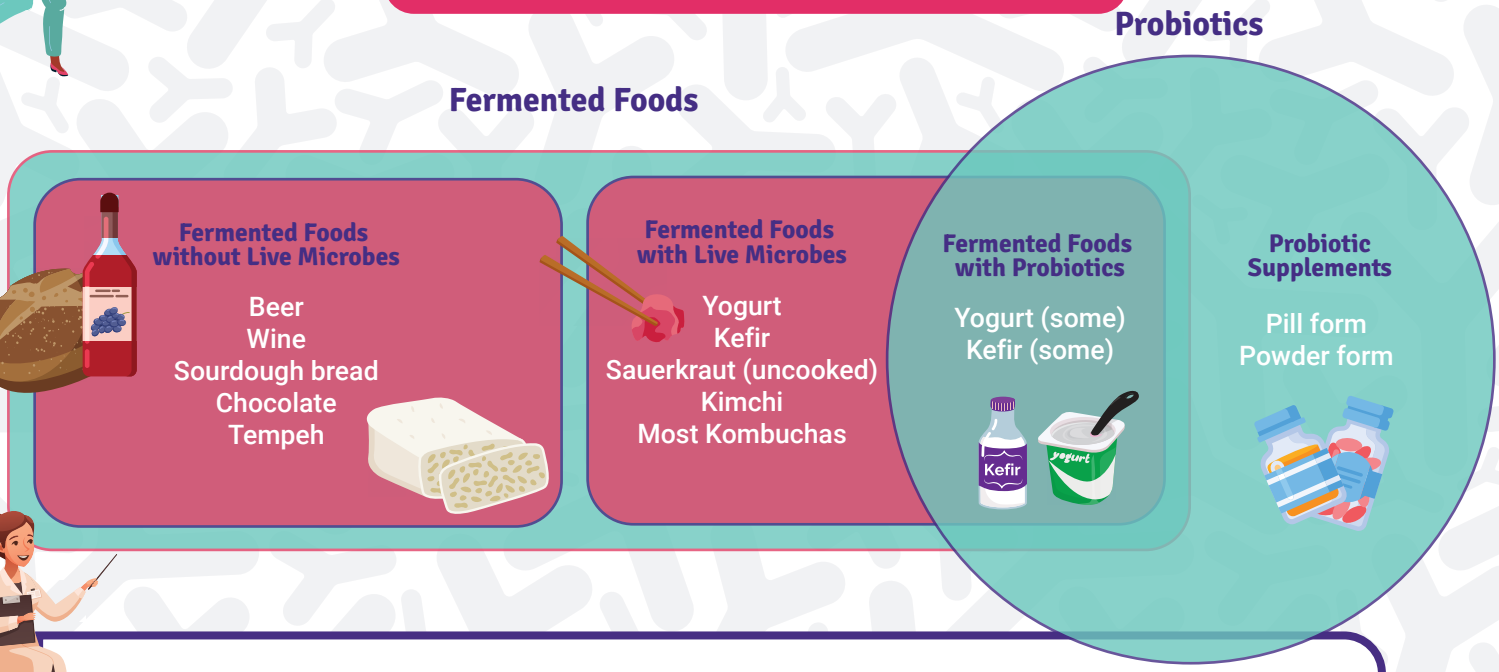
Not all fermented foods have adequate amounts of those microbes to qualify as a probiotic!

Check out our Handy Chart for Reference:



Always try to be informed about the fermented foods you are consuming and work with a health care professional if you are looking to add fermented foods to your diet to treat a specific ailment.

References:

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