

Common Fermented Foods Commercially Available in the United States

Food Category	Specific Food	Brands Product Examples	Bacterial Strains	Number of Organisms at End of Production (CFU)
Fermented Dairy-free Beverages	Kvass	Zukay Live Foods Veggie Kvass, Fruit Kvass	<i>L casei</i> , <i>L mesenteroides</i> (specifically <i>Ln mesenteroides</i> FUA 3086), <i>S cerevisiae</i> (yeast)	$7.3 \times 10^7/\text{mL} = 17.52$ billion/240 mL, $6.0 \times 10^7/\text{mL} = 14.4$ billion per 240 mL, $3.0 \times 10^7/\text{mL} = 7.2$ billion/240 mL
Fermented Dairy Alternatives	Almond Yogurt	Almond Dream Nondairy Yogurt	<i>S thermophilus</i> , <i>B lactis</i> , <i>L acidophilus</i> , <i>L rhamnosus</i> , <i>L casei</i> , <i>L delbrueckii</i> , <i>L lactis</i> , <i>L bulgaricus</i>	Not specified; contains live and active cultures, at least 100 million CFU/g
		Almond Dream Amande Cultured Almond Milk	<i>L acidophilus</i> , <i>L rhamnosus</i> , <i>L casei</i> , <i>L bulgaricus</i> , <i>S thermophilus</i> , <i>B bifidum</i> ^a	Not specified; contains live and active cultures, at least 100 million CFU/g
		Kite Hill Almond Milk Yogurt	<i>S thermophilus</i> , <i>L bulgaricus</i> , <i>L acidophilus</i> , <i>Bifidobacteria</i> (species not specified)	Not specified; contains live and active cultures, at least 100 million CFU/g
	Cashew Yogurt	Forager Project	<i>L plantarum</i> LM, <i>L acidophilus</i> , <i>B bifidum</i> , <i>L bulgaricus</i> , <i>S thermophilus</i> , <i>L delbrueckii</i> LE	Not specified; contains live and active cultures, at least 100 million CFU/g

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	Coconut Milk Yogurt	Trader Joe's Cultured Coconut Milk	<i>L bulgaricus</i> , <i>S thermophilus</i> , <i>L rhamnosus</i> , <i>L acidophilus</i> , <i>B bifidum</i> ^a	Not specified; contains live and active cultures, at least 100 million CFU/g
	Soy Yogurt	Nancy's Organic Cultured Soy	<i>L acidophilus</i> , <i>B lactis</i> , <i>L casei</i> , <i>L rhamnosus</i> , <i>L bulgaricus</i> , <i>S thermophilus</i>	Not specified; contains live cultures, at least 100 million CFU/g
		Stonyfield Organic O'Soy Soy Yogurt	<i>S thermophilus</i> , <i>L bulgaricus</i> , <i>L acidophilus</i> , <i>Bifidus</i> (species not specified)	Not specified; contains live and active cultures, at least 100 million CFU/g
	Lassi	Cow's Milk Lassi	<i>S thermophiles</i> , <i>L acidophilus</i> , <i>B lactis</i> , <i>L casei</i> , <i>P freudenreichii</i>	15 billion/240 mL
	Yogurt	All Yogurt Containing "Live and Active Cultures"	<i>L bulgaricus</i> , <i>S thermophilus</i>	At least 100 million CFU/g

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		Nancy's Organic Yogurts	<i>L acidophilus</i> LA-5, <i>S thermophilus</i> , <i>L bulgaricus</i> , <i>L casei</i> , <i>L rhamnosus</i> , <i>B bifidum</i>	56 billion CFU/225 g/mL
	Goat's Milk Yogurt	Redwood Hill Farm	<i>B lactis</i> , <i>S thermophilus</i> , <i>L acidophilus</i> , <i>L delbrueckii</i> sbps <i>lactis</i> , <i>L delbrueckii</i> sbps <i>bulgaricus</i>	Not specified; contains live and active cultures, at least 100 million CFU/g
	Sheep's Milk Yogurt	Bellwether Farms	<i>L bulgaricus</i> , <i>S thermophilus</i> , <i>L acidophilus</i> , <i>Bifidus</i> (species not specified)	Not specified; contains active cultures, at least 100 million CFU/g
Probiotic Dairy Foods	Cow's Milk Probiotic Yogurt	Dannon, Inc Activia, Activia Light, Activia Greek, Activia Fruit Fusion, Activia Dairy Drink	<i>B animalis lactis</i> DN-173 010/CNCM I-2494, <i>S thermophilus</i> , <i>L bulgaricus</i> , <i>L lactis</i>	Not specified; contains live and active cultures, at least 100 million CFU/g
	Cow's Milk Probiotic Beverages	Dannon DanActive	<i>L bulgaricus</i> , <i>S thermophiles</i> , <i>L casei immunitas</i> (<i>L casei</i> DN-114001)	Not specified; contains live and active cultures, at least 100 million CFU/g
		Yakult USA Yakult, Yakult Light	<i>L casei shirota</i>	8 billion/80 mL

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	Cow's Milk Kefir	Green Valley Organics	<i>L bulgaricus</i> , <i>L acidophilus</i> , <i>L casei</i> , <i>L rhamnosus</i> , <i>L lactis</i> , <i>L diacetylactis</i> , <i>S thermophilus</i> , <i>L cremoris</i> , <i>L cremoris</i> , <i>B bifidum</i> ^a	589.68 billion/240 mL
		Nancy's Organic Lowfat Plain Kefir	<i>B lactis</i> BB-12, <i>L acidophilus</i> LA-5, <i>L casei</i> , <i>L rhamnosus</i> LB3	Not specified; contains live and active cultures, 233 billion live cultures/240 mL, 64 Billion live probiotic cultures cultures/240 mL
	Goat's Milk Kefir	Redwood Hill Farm	<i>B lactis</i> , <i>S thermophiles</i> , <i>L casei</i> , <i>L rhamnosus</i> , <i>L acidophilus</i> , <i>L delbrueckii</i> sbsp <i>lactis</i> , <i>L delbrueckii</i> sbsp <i>bulgaricus</i> , <i>L lactis</i> sbsp <i>cremoris</i> , <i>L lactis</i> sbsp <i>lactis</i> , <i>L lactis</i> sbsp <i>lactis</i> biovar <i>diacerylactis</i> , <i>L mesenteroides</i> sbsp <i>cremoris</i>	589.68 billion/240 mL
Probiotic Drinks (Dairy-free)	Kombucha	GT's Kombucha Classic Kombucha, Classic Synergy	<i>Lactobacillus</i> (no species specified), <i>S boulardii</i>	1 billion/240 mL, 1 billion/240 mL
		GT's Kombucha Enlighted Kombucha, Enlightened Synergy	<i>B coagulans</i> GBI-30 6086, <i>S boulardii</i>	1 billion/240 mL, 1 billion/240 mL
		Kevita Kombucha Masterbrew	<i>B coagulans</i> (LactoSporeMTCC 5826), <i>L rhamnosus</i>	Not specified, "Live probiotic"
		Kevita Kombucha	Kevita Probiotic Culture: <i>B coagulans</i> GBI-30 6086,	Not specified

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		Cleansing Probiotic Drink, Sparkling Probiotic Drink	<i>L rhamnosus</i> , <i>L plantarum</i> , <i>L paracasei</i>	
	Juice Drinks	GoodBelly By the Glass, GoodBelly Gluten Free By the Glass, Good Belly Plus Shot, GoodBelly Straight Shot, GoodBelly Supershot	<i>L plantarum</i> 299V	20 billion/240 mL, 20 billion/240 mL 20 billion/81 mL, 20 billion/81 mL, 50 billion/81 mL

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Soy	Miso	Marukome, Miso Master	Various lactic acid bacteria (primarily <i>Lactococci</i> and <i>Enterococci</i>)	Miso, a traditional Japanese food, is a fermented soybean paste. Other beans or grains may be used to make miso.
	Tempeh	Lightlife, Tofurky, West Soy	<i>R oligosporus</i> (mold), <i>R oryzae</i> (mold)	Tempeh, a traditional Indonesian food, is a fermented soybean cake; it is high in protein. Grains such as rice or barley are sometimes added to tempeh.
Vegetables	Kimchi	King's, Ozuké, Seoul, Wildbrine, Pickled Planet	<i>Lactobacillus plantarum</i> , <i>L mesenteroides</i> , <i>W koreensis</i> , <i>L plantarum</i> , <i>L brevis</i>	Kimchi, a traditional Korean food, is fermented cabbage, traditionally made with radish, garlic, red pepper, green onion, ginger and salt. Ozuké brand kimchi is available at grocery stores in the central United States. Ozuké brand kimchi contains 88 million CFU/g.
	Pickled Beets	Ozuké, PureLiving, Wildbrine	Lactic acid bacteria, specifically <i>L plantarum</i> , <i>L brevis</i>	Ozuké brand fermented beets are available at grocery stores in the Central United States. Ozuké brand fermented

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				beets contain 10 million CFU/g.
	Pickled Cucumbers	Bubbies, Real Pickles, Pickled Planet	<i>Lactobacillus</i> , <i>Pediococcus</i> , <i>Leuconostoc</i> (species not specified) <i>L plantarum</i> <i>L brevis</i>	Real Pickles are available in the North Eastern United States.
	Pickled Ginger	Wildbrine	<i>L plantarum</i> <i>L brevis</i>	
	Sauerkraut	Bubbies, Farmhouse Culture, PureLiving, Wildbrine, Pickled Planet	<i>L mesenteroides</i> , <i>L plantarum</i> , <i>P pentosaceus</i> , <i>L brevis</i> , <i>L plantarum</i> <i>L brevis</i> <i>L plantarum</i> <i>L brevis</i>	Sauerkraut, fermented cabbage, is a traditional German food.
Other	Fermented Juice	Farmhouse Culture, Gut Shot, Wildbrine	<i>L plantarum</i> , <i>L brevis</i>	
	Black (Kalamata) Olives (Greek, in glass jars)	DeLallo, Mezzetta	<i>L pentosus</i> , <i>L mesenteroides</i>	

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	Green Olives (Greek and Spanish, in glass jars)	Trader Joe's, Mezzetta	<i>L plantarum</i> , <i>L pentosus</i>	
	Pickled Beans	Pickled Planet	<i>L plantarum</i> , <i>L brevis</i>	
	Salsa	Wildbrine	<i>L plantarum</i> , <i>L brevis</i>	

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