### Common Fermented Foods Commercially Available in the United States

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

Adapted from: [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5312833/#lpo=24.1935](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5312833/#lpo=24.1935)

© 2018 Kara Fitzgerald ND www.drkarafitzgerald.com
## Common Fermented Foods Commercially Available in the United States

<table>
<thead>
<tr>
<th>Food Category</th>
<th>Specific Food</th>
<th>Brands Product Examples</th>
<th>Bacterial Strains</th>
<th>Number of Organisms at End of Production (CFU)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coconut Milk Yogurt</td>
<td>Trader Joe’s Cultured Coconut Milk</td>
<td>L. bulgaricus, S. thermophilus, L. rhamnosus, L. acidophilus, B. bifidum&lt;sup&gt;2&lt;/sup&gt;</td>
<td>Not specified; contains live and active cultures, at least 100 million CFU/g</td>
<td></td>
</tr>
<tr>
<td>Soy Yogurt</td>
<td>Nancy’s Organic Cultured Soy</td>
<td>L. acidophilus, B. lactis, L. casei, L. rhamnosus, L. bulgaricus, S. thermophilus</td>
<td>Not specified; contains live cultures, at least 100 million CFU/g</td>
<td></td>
</tr>
<tr>
<td>Stonyfield Organic O’Soy Soy Yogurt</td>
<td></td>
<td>S. thermophilus, L. bulgaricus, L. acidophilus, B. bifidus (species not specified)</td>
<td>Not specified; contains live and active cultures, at least 100 million CFU/g</td>
<td></td>
</tr>
<tr>
<td>Lassi</td>
<td>Cow’s Milk Lassi</td>
<td>S. thermophiles, L. acidophilus, B. lactis, L. casei, P. freudenreichii</td>
<td>15 billion/240 mL</td>
<td></td>
</tr>
<tr>
<td>Yogurt</td>
<td>All Yogurt Containing “Live and Active Cultures”</td>
<td>L. bulgaricus, S. thermophilus</td>
<td>At least 100 million CFU/g</td>
<td></td>
</tr>
</tbody>
</table>

Adapted from: [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5312833/#lpo=24.1935](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5312833/#lpo=24.1935)

© 2018 Kara Fitzgerald ND  www.drkarafitzgerald.com
<table>
<thead>
<tr>
<th>Food Category</th>
<th>Specific Food</th>
<th>Brands/Products Examples</th>
<th>Bacterial Strains</th>
<th>Number of Organisms at End of Production (CFU)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Nancy’s Organic Yogurts</td>
<td><em>L. acidophilus</em> LA-5, <em>S. thermophilus</em>, <em>L. bulgaricus</em>, <em>L. casei</em>, <em>L. rhamnosus</em>, <em>B. bifidum</em></td>
<td>56 billion CFU/225 g/mL</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Goat’s Milk Yogurt</td>
<td><em>B. lactis</em>, <em>S. thermophilus</em>, <em>L. acidophilus</em>, <em>L. delbrueckii sbp lactis</em>, <em>L. delbrueckii sbp bulgaricus</em></td>
<td>Not specified; contains live and active cultures, at least 100 million CFU/g</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sheep’s Milk Yogurt</td>
<td><em>L. bulgaricus</em>, <em>S. thermophilus</em>, <em>L. acidophilus</em>, <em>Bifidus</em> (species not specified)</td>
<td>Not specified; contains active cultures, at least 100 million CFU/g</td>
<td></td>
</tr>
<tr>
<td>Probiotic Dairy Foods</td>
<td>Cow’s Milk Probiotic Yogurt</td>
<td>Dannon, Inc Activia, Activia Light, Activia Greek, Activia Fruit Fusion, Activia Dairy Drink</td>
<td><em>B. animalis lactis</em>DN-173 010/CNCM I-2494, <em>S. thermophilus</em>, <em>L. bulgaricus</em>, <em>L. lactis</em></td>
<td>Not specified; contains live and active cultures, at least 100 million CFU/g</td>
</tr>
<tr>
<td></td>
<td>Cow’s Milk Probiotic Beverages</td>
<td>Dannon DanActive</td>
<td><em>L. bulgaricus</em>, <em>S. thermophiles</em>, <em>L. casei immunitas</em> (L casei DN-114001)</td>
<td>Not specified; contains live and active cultures, at least 100 million CFU/g</td>
</tr>
<tr>
<td></td>
<td>Yakult USA</td>
<td>L casei shirota</td>
<td>8 billion/80 mL</td>
<td></td>
</tr>
</tbody>
</table>

Adapted from: [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5312833/#lpo=24.1935](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5312833/#lpo=24.1935)

© 2018 Kara Fitzgerald ND www.drkarafitzgerald.com
<table>
<thead>
<tr>
<th>Food Category</th>
<th>Specific Food</th>
<th>Brands/ Product Examples</th>
<th>Bacterial Strains</th>
<th>Number of Organisms at End of Production (CFU)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cow’s Milk Kefir</td>
<td>Green Valley Organics</td>
<td>$L.\ bulbgaricus$, $L.\ acidophilus$, $L.\ casei$, $L.\ rhamnosus$, $L.\ lactis$, $L.\ diacetylactis$, $S.\ thermophilus$, $L.\ cremoris$, $L.\ cremoris$, $B.\ bifidum$</td>
<td>589.68 billion/240 mL</td>
<td></td>
</tr>
<tr>
<td>Nancy’s Organic Lowfat Plain Kefir</td>
<td></td>
<td>$B.\ lactis\ BB-12$, $L.\ acidophilus\ LA-5$, $L.\ casei$, $L.\ rhamnosus\ LB3$</td>
<td>Not specified; contains live and active cultures. 233 billion live cultures/240 mL, 64 Billion live probiotic cultures cultures/240 mL</td>
<td></td>
</tr>
<tr>
<td>Goat’s Milk Kefir</td>
<td>Redwood Hill Farm</td>
<td>$B.\ lactis$, $S.\ thermophilus$, $L.\ casei$, $L.\ rhamnosus$, $L.\ acidophilus$, $L.\ delbrueckii\ sbsp\ lactis$, $L.\ delbrueckii\ sbsp\ bulgaricus$, $L.\ lactis\ sbsp\ cremoris$, $L.\ lactis\ sbsp\ lactis$, $L.\ lactis\ sbsp\ lactis\ biovar\ diacetylactis$, $L.\ mesenteroides\ sbsp\ cremoris$</td>
<td>589.68 billion/240 mL</td>
<td></td>
</tr>
<tr>
<td>Probiotic Drinks (Dairy-free)</td>
<td>Kombucha</td>
<td>GT’s Kombucha Classic Kombucha, Classic Synergy</td>
<td>Lactobacillus (no species specified), S. boulardii</td>
<td>1 billion/240 mL, 1 billion/240 mL</td>
</tr>
<tr>
<td></td>
<td></td>
<td>GT’s Kombucha Enlighted Kombucha, Enlightened Synergy</td>
<td>$B.\ coagulans\ GBI-30\ 6086$, S. boulardii</td>
<td>1 billion/240 mL, 1 billion/240 mL</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kevita Kombucha Masterbrew</td>
<td>$B.\ coagulans$ (LactoSporeMTCC 5826), $L.\ rhamnosus$</td>
<td>Not specified, “Live probiotic”</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kevita Kombucha</td>
<td>Kevita Probiotic Culture: $B.\ coagulans\ GBI-30\ 6086$, Not specified</td>
<td></td>
</tr>
</tbody>
</table>

Adapted from: [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5312833/#!po=24.1935](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5312833/#!po=24.1935)
<table>
<thead>
<tr>
<th>Food Category</th>
<th>Specific Food</th>
<th>Brands/Product Examples</th>
<th>Bacterial Strains</th>
<th>Number of Organisms at End of Production (CFU)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleansing</td>
<td></td>
<td>Cleansing Probiotic Drink, Sparkling Probiotic Drink</td>
<td><em>L. rhamnosus</em>, <em>L. plantarum</em>, <em>L. paracasei</em></td>
<td></td>
</tr>
<tr>
<td>Juice Drinks</td>
<td>GoodBelly By the Glass, GoodBelly Gluten Free By the Glass, Good Belly Plus Shot, GoodBelly Straight Shot, GoodBelly Supershot</td>
<td><em>L. plantarum 299V</em></td>
<td>20 billion/240 mL, 20 billion/240 mL, 20 billion/81 mL, 20 billion/81 mL, 50 billion/81 mL</td>
<td></td>
</tr>
<tr>
<td>Food Category</td>
<td>Specific Food</td>
<td>Brands Product Examples</td>
<td>Prominent Bacterial Strains Present at End of Fermentation</td>
<td>Notes</td>
</tr>
<tr>
<td>---------------</td>
<td>--------------</td>
<td>-------------------------</td>
<td>-----------------------------------------------------------</td>
<td>-------</td>
</tr>
<tr>
<td>Soy</td>
<td>Miso</td>
<td>Marukome, Miso Master</td>
<td>Various lactic acid bacteria (primarily <em>Lactococci</em> and <em>Enterococci</em>)</td>
<td>Miso, a traditional Japanese food, is a fermented soybean paste. Other beans or grains may be used to make miso.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><em>R oligosporus</em> (mold), <em>R oryzae</em> (mold)</td>
<td>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.</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Kimchi</td>
<td>King’s, Ozuké, Seoul, Wildbrine, Pickled Planet</td>
<td><em>Lactobacillus plantarum</em>, <em>L mesenteroides</em>, <em>W koreensis</em>, <em>L plantarum</em>, <em>L brevis</em></td>
<td>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.</td>
</tr>
<tr>
<td></td>
<td>Pickled Beets</td>
<td>Ozuké, PureLiving, Wildbrine</td>
<td>Lactic acid bacteria, specifically <em>L plantarum</em>, <em>L brevis</em></td>
<td>Ozuké brand fermented beets are available at grocery stores in the Central United States. Ozuké brand fermented</td>
</tr>
<tr>
<td>Food Category</td>
<td>Specific Food</td>
<td>Brands Product Examples</td>
<td>Prominent Bacterial Strains Present at End of Fermentation</td>
<td>Notes</td>
</tr>
<tr>
<td>---------------</td>
<td>--------------</td>
<td>-------------------------</td>
<td>----------------------------------------------------------</td>
<td>-------</td>
</tr>
<tr>
<td>Pickled Cucumbers</td>
<td>Bubbies, Real Pickles, Pickled Planet</td>
<td>Lactobacillus, Pediococcus, Leuconostoc (species not specified) L plantarum L brevis</td>
<td></td>
<td>Real Pickles are available in the North Eastern United States.</td>
</tr>
<tr>
<td>Pickled Ginger</td>
<td>Wildbrine</td>
<td>L plantarum L brevis</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sauerkraut</td>
<td>Bubbies, Farmhouse Culture, PureLiving, Wildbrine, Pickled Planet</td>
<td>L mesenteroides, L plantarum, P pentosaceus, L brevis, L plantarum L brevis L plantarum L brevis</td>
<td></td>
<td>Sauerkraut, fermented cabbage, is a traditional German food.</td>
</tr>
<tr>
<td>Other</td>
<td>Fermented Juice</td>
<td>Farmhouse Culture, Gut Shot, Wildbrine</td>
<td>L plantarum, L brevis</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Black (Kalamata) Olives (Greek, in glass jars)</td>
<td>DeLallo, Mezzetta</td>
<td>L pentosus, L mesenteroides</td>
<td></td>
</tr>
<tr>
<td>Food Category</td>
<td>Specific Food</td>
<td>Brands Product Examples</td>
<td>Prominent Bacterial Strains Present at End of Fermentation</td>
<td>Notes</td>
</tr>
<tr>
<td>---------------</td>
<td>---------------</td>
<td>-------------------------</td>
<td>----------------------------------------------------------</td>
<td>-------</td>
</tr>
<tr>
<td></td>
<td>Green Olives (Greek and Spanish, in glass jars)</td>
<td>Trader Joe’s, Mezzetta</td>
<td><em>L. plantarum</em>, <em>L. pentosus</em></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pickled Beans</td>
<td>Pickled Planet</td>
<td><em>L. plantarum</em>, <em>L. brevis</em></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Salsa</td>
<td>Wildbrine</td>
<td><em>L. plantarum</em>, <em>L. brevis</em></td>
<td></td>
</tr>
</tbody>
</table>