

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	Shelf-stable pickles and other fermented vegetables (heat-treated)	Fresh sausage
Kefir	Sausage (smoked)	Vegetables pickled in brine
Most cheeses	Soy sauce (heat-treated)	Chemically-produced soy sauce
Miso	Vinegar (heat-treated)	Non-fermented cured meats and fish
Natto	Wine, most beers, distilled spirits (filtered)	
Tempeh	Coffee and cocoa beans (roasted)	
Fermented vegetables		
Dry fermented sausages		
Most kombuchas		
Some beers		

Adapted from Marco et al.³⁰