

Common Fermented Foods

Product	Base	Organism(s)	Type
Beer	Cereal grains	<i>Saccharomyces cerevisiae</i> or <i>Saccharomyces uvarum</i>	Fungus (yeast)
Bread	Cereal grains	<i>Saccharomyces cerevisiae</i>	Fungus (yeast)
Bread: sourdough	Cereal grains	Wild yeasts and various lactic acid bacteria (LAB)	Fungi (yeast), bacteria
Cheese	Milk	<i>Lactobacilli</i> or <i>Streptococci</i> , others for ripening	Fungi (yeast), bacteria
Chocolate	Cacao seed	Yeasts, LAB, acetic acid bacteria (AAB)	Fungi, bacteria
Chorizo	Pork sausage	Various LAB	Bacteria
Cider	Apples	<i>Saccharomyces cerevisiae</i>	Fungus (yeast)
Coffee	Coffee seed	Yeasts, LAB	Fungi, bacteria
Fish sauce	Fish	Various LAB	Bacteria
Hot sauce	Peppers	Various LAB	Bacteria
Kefir	Milk	Yeasts and <i>lactobacilli</i>	Fungi (yeast), bacteria
Kimchi	Vegetables	Various LAB	Bacteria
Kombucha	Sweet tea	<i>Acetobacter</i> , various yeasts	Fungi, bacteria
Olives	Olive fruit	LAB	Bacteria
Pepperoni	Pork/beef sausage	Various LAB	Bacteria
Pickles	Vegetables	Various LAB	Bacteria
Prosciutto	Pork sausage	Various LAB	Bacteria
Salami	Meat	Various LAB	Bacteria
Sauerkraut	Vegetables	Various LAB	Bacteria
Soy sauce	Soybean	<i>Aspergillus oryzae</i> or <i>Aspergillus sojae</i>	Fungus
Tempeh	Soybean	<i>Rhizopus oligosporus</i>	Fungus
Vanilla	Orchid seed	LAB	Bacteria
Vinegar	Fruit → alcohol	<i>Acetobacter</i>	Bacteria
Wine	Fruit	<i>Saccharomyces cerevisiae</i>	Fungus (yeast)
Yogurt	Milk	<i>Lactobacilli</i> and <i>bifidobacteria</i>	Bacteria