



Helping
women heal
themselves

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FOODS TO AVOID DURING YEAST FREE DIET

The following foods contain YEAST, or MOLD, and should be avoided during the yeast-free diet.

- Baker's yeast is added to most breads, biscuits, buns, rolls, pretzels, crackers, and pastries. Yeast-free products such as Ry-Krisp, Wasa lite rye, taco shells, rice cakes, Kavli Norwegian quick breads and muffins may be substituted.
- Yeast is present in all fermented beverages: all alcoholic beverages, medications containing alcohol, root beer, ginger ale, and vanilla. Dry cereals, coffee substitutes, and milk drinks to which **malt** has been added, should also be avoided.
- Dried fruits, commercially produced fruit juice—canned and frozen—canned tomatoes and tomato juice, and all teas (except herbal) contain yeast or molds.
- Cheese of all kinds, including cottage cheese, buttermilk, and sour cream contain yeast. Skim milk, plain yogurt and butter may be used for some, but we suggest you try to stay away from them.
- Mushrooms and truffles are yeast-like foods.
- All fermented condiments or condiments containing vinegar should be avoided. Soy sauce, tamari, miso, tempeh, sauerkraut, olives and pickles, as well as ketchup, mayonnaise, salad dressings, barbeque sauce, prepared mustard, and horseradish fall into this category. Homemade, vinegar-free mayonnaise and salad dressing may be substituted.
- Wash fruits and vegetables to eliminate the yeast on their surface; avoid over-ripe products.
- Medications and supplements derived from mold or yeast should be avoided: Penicillin, mycin, chloromycetin, tetracyclines, vitamin B capsules or tablets made from yeast, multivitamins with B vitamins made from yeast, Zylax (and other Lilly products containing B-12), Laxo-Funk, Phoscaron-D and ViLitron drops, Mead Johnson's vitamins that contain B-12, Squib vitamins with yeast sources noted on label, Parke Davis Vibrex, Merck, Sharpe and Dohme's vitamins containing B-12, Lederle vitamins, Endo vitamins including Manibee and S.C.T., and Massengill vitamins.
- Yeast-free vitamins: Abbot vitamins, Mead Johnson and Merck, Sharpe and Dohme vitamins that *do not contain* B-12, Robin's Albee with C, Upjohn and Hoffman-LaRoche vitamin products, Endo vitamins except for Manibee and S.C.T., and Parke Davis vitamins except Vibrex.

A diet that eliminates most sources of yeast consists of the following foods:

- Large amounts of fresh vegetables, raw and uncooked
- Moderate amounts of:
 - a. fish, fowl, and lean meat
 - b. fresh fruits, raw and uncooked
 - c. whole grains
 - d. raw nuts and seeds
 - e. legumes
 - f. skim milks, plain yogurt and butter
 - g. cold-pressed vegetable oils

Within these guidelines, some alternatives for breakfast include:

- Eggs, poached or soft-boiled
- Hot cereal (oatmeal, buckwheat, millet, or brown rice)
- Granola
- Essene bread, or Dimpflmeier's Sour Rye (found in gluten-free section of store)
- Baked or steamed potatoes

For lunch and/or dinner, salads and cooked vegetables are the focus:

- Vegetable salad
- Steamed vegetables
- Baked squash, onions, parsnips, sweet potato, etc.
- Vegetable soup
- Sandwiches on yeast-free bread (i.e., tuna with yeast-free mayo)
- Baked, broiled, or steamed fish, fowl, or lean meat
- Butter used in moderation
- Salad dressings of oil, fresh lemon, dry mustard, minced garlic, herbs and salt

Snack foods might include:

- Fresh fruit
- Vegetables
- Nuts and seeds
- Plain yogurt, with chopped fresh fruit
- Rice cakes, Wasa lite rye, Ry-Krisp, Kavli crispbread

Beverages suitable during this yeast-free period are:

- Spring water
- Salt-free seltzer water with freshly squeezed lemon, lime, or orange juice
- Home-squeezed fruit or vegetable juices
- Herb teas without the ingredient Matte
- Homemade soda (½ fruit juice, ½ seltzer)
- Broth made from vegetables

For Yeast and Mold Avoidance (Simplified Version)

You may eat checkmarked items, unless you are avoiding them for other reasons.
Keep a food and symptom diary. Always read labels carefully.

<u>Dairy Products</u>	<u>Meats & Poultry</u>	<u>Fruits</u>	<u>Condiments & Spices</u>	<u>Vegetables (fresh & plain frozen)</u>
✓ Butter	✓ Beef	✓ Apple	✓ Allspice	✓ Artichoke
✓ Eggs	✓ Chicken	✓ Avocado	✓ Bay Leaf	✓ Asparagus
✓ Margarine	✓ Duck	✓ Banana	✓ Caraway seed	✓ Beet
✓ Milk-cow	✓ Lamb	✓ Blackberry	✓ Cinnamon	✓ Broccoli
✓ Milk- goat	✓ Liver (beef)	✓ Blueberry	✓ Cloves	✓ Brussels sprouts
✓ Yogurt, plain	✓ Pork	✓ Cantaloupe	✓ Dill	✓ Cabbage
NO Cheese	✓ Turkey	✓ Cherry	✓ Fenugreek	✓ Carrots
NO Ice cream	✓ Veal	✓ Grapefruit	✓ Ginger	✓ Cauliflower
	*Watch out for fried and breaded meats, hot dogs, and cold cuts!	✓ Honeydew melon	✓ Garlic	✓ Celery
<u>Fish</u>		✓ Lemon	✓ Licorice	✓ Corn
✓ Bass	<u>Cereals & Grains</u>	✓ Lime	✓ Mace	✓ Cucumber
✓ Bluefish	✓ Barley	✓ Nectarine	✓ Marjoram	✓ Eggplant
✓ Carp	✓ Buckwheat	✓ Orange	✓ Mint	✓ Endive
✓ Clams	✓ Corn	✓ Peach	✓ Nutmeg	✓ Green pepper
✓ Codfish	✓ Oats	✓ Pear	✓ Oils	✓ Kidney beans
✓ Crab	✓ Rice	✓ Pineapple	✓ Oregano	✓ Kohlrabi
✓ Flounder	✓ Rye	✓ Plum	✓ Paprika	✓ Leek
✓ Haddock	✓ Wheat	✓ Raspberry	✓ Peppermint	✓ Lentil
✓ Halibut	✓ Millet	✓ Strawberry	✓ Poppy seed	✓ Lettuce
✓ Herring	✓ Pasta	✓ Tangerine	✓ Sage	✓ Lima beans
✓ Lobster	✓ Rice cakes	✓ Watermelon	✓ Sesame seeds	✓ Onion
✓ Mackerel	✓ Brown rice	NO Date	✓ Shortening	✓ Parsley
✓ Oyster	crackers	NO Fig	✓ Sunflower seeds	✓ Parsnips
✓ Pike	✓ Corn tortillas	NO Grapes	✓ Thyme	✓ Peas (green)
✓ Perch	✓ Nutri-grain	NO Prune	✓ White pepper	✓ Pimento
✓ Swordfish	cereals	NO Raisin	✓ Dry mustard	✓ Potatoes (sweet, white)
✓ Salmon	✓ Shredded wheat	<u>Beverages</u>	NO Ketchup	✓ Pumpkin
✓ Sardine	✓ Puffed rice, corn and wheat	✓ Coffee, Swiss water, process decaf	NO Mayonnaise	✓ Radish
✓ Scallops	NO Cane sugar	✓ Milk	NO Mustard	✓ Red pepper
✓ Shrimp	NO Malt	✓ Spring water	NO Salad dressings	✓ Rhubarb
✓ Smelt	<u>Nuts</u>	✓ Tap water	NO Vanilla	✓ Soy beans
✓ Trout	✓ Almonds	✓ Seltzer	NO Vinegar	✓ Spinach
✓ Tuna	✓ Brazil nuts	✓ Fresh-squeezed	<u>Miscellaneous</u>	✓ Squash
✓ Whitefish	✓ Cashew	✓ Herbal teas	✓ Carob	✓ String beans
	✓ Coconut	✓ Pau a'Arco	✓ Gelatin	✓ Tomato
	✓ Filbert nuts	✓ Dacopa	NO Baker's yeast	✓ Turnip
	✓ Pecans	NO Alcohol	NO Brewer's yeast	✓ Chick peas
	✓ Pistachio	NO Chocolate drinks	NO Cake	✓ Garbanzo beans
	✓ Walnut	NO Coffee, regular	NO Candy	✓ Navy beans
	✓ Tahini	NO Processed fruit	NO Chewing gum	✓ Mushrooms
	✓ Cashew butter	juices	NO Chocolate	NO Olives
	✓ Almond butter	NO Soda	NO Cookies	
	NO Peanuts	NO Tea- regular	NO Honey	
		NO Pero, Postum,	NO Maple Syrup	
		Cafir, Bambu	NO Sugar	
			NO Any other sweet	

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<p><u>Vegetables</u></p> <ul style="list-style-type: none"> ✓ Artichoke ✓ Asparagus ✓ Beet ✓ Broccoli ✓ Brussels sprouts ✓ Cabbage ✓ Carrots ✓ Cauliflower ✓ Celery ✓ Corn ✓ Cucumber ✓ Eggplant ✓ Endive ✓ Green pepper ✓ Kidney beans ✓ Kohlrabi ✓ Leek ✓ Lentil ✓ Lettuce ✓ Lima beans ✓ Onion ✓ Parsley ✓ Parsnips ✓ Peas (green) ✓ Pimento ✓ Potatoes (sweet, white) ✓ Pumpkin ✓ Radish ✓ Red pepper ✓ Rhubarb ✓ Soy beans ✓ Spinach ✓ Squash ✓ String beans ✓ Tomato ✓ Turnip ✓ Chick peas ✓ Garbanzo beans ✓ Navy beans NO Mushrooms NO Olives 	<p><u>Fruits</u></p> <ul style="list-style-type: none"> ✓ Apple ✓ Avocado ✓ Banana ✓ Blackberry ✓ Blueberry ✓ Cantaloupe ✓ Cherry ✓ Grapefruit ✓ Honeydew melon ✓ Lemon ✓ Lime ✓ Nectarine ✓ Orange ✓ Peach ✓ Pear ✓ Pineapple ✓ Plum ✓ Raspberry ✓ Strawberry ✓ Tangerine ✓ Watermelon NO Date NO Fig NO Grapes NO Prune NO Raisin <p><u>Miscellaneous</u></p> <ul style="list-style-type: none"> ✓ Carob ✓ Gelatin NO Baker's yeast NO Brewer's yeast NO Cake NO Candy NO Chewing gum NO Chocolate NO Cookies NO Honey NO Maple Syrup NO Sugar NO Any other sweet 	<p><u>Fish</u></p> <ul style="list-style-type: none"> ✓ Bass ✓ Bluefish ✓ Carp ✓ Clams ✓ Codfish ✓ Crab ✓ Flounder ✓ Haddock ✓ Halibut ✓ Herring ✓ Lobster ✓ Mackerel ✓ Oyster ✓ Pike ✓ Perch ✓ Swordfish ✓ Salmon ✓ Sardine ✓ Scallops ✓ Shrimp ✓ Smelt ✓ Trout ✓ Tuna ✓ Whitefish <p><u>Beverages</u></p> <ul style="list-style-type: none"> ✓ Coffee, decaf ✓ Milk ✓ Spring water ✓ Tap water ✓ Seltzer ✓ Fresh-squeezed ✓ Herbal teas ✓ Pau a'Arco ✓ Dacopa NO Alcohol NO Chocolate drinks NO Coffee, regular NO Processed fruit juices NO Soda NO Tea- regular NO Pero, Postum, Cafir, Bambu 	<p><u>Cereals & Grains</u></p> <ul style="list-style-type: none"> ✓ Barley ✓ Buckwheat ✓ Corn ✓ Oats ✓ Rice ✓ Rye ✓ Wheat ✓ Millet ✓ Pasta ✓ Rice cakes ✓ Brown rice crackers ✓ Corn tortillas ✓ Nutri-grain cereals ✓ Shredded wheat ✓ Puffed rice, corn and wheat NO Cane sugar NO Malt <p><u>Nuts</u></p> <ul style="list-style-type: none"> ✓ Almonds ✓ Brazil nuts ✓ Cashew ✓ Coconut ✓ Filbert nuts ✓ Pecans ✓ Pistachio ✓ Walnut ✓ Tahini ✓ Cashew butter ✓ Almond butter NO Peanuts <p><u>Dairy Products</u></p> <ul style="list-style-type: none"> ✓ Butter ✓ Eggs ✓ Margarine ✓ Milk-cow ✓ Milk- goat ✓ Yogurt, plain NO Cheese NO Ice cream 	<p><u>Meats & Poultry</u></p> <ul style="list-style-type: none"> ✓ Beef ✓ Chicken ✓ Duck ✓ Lamb ✓ Liver (beef) ✓ Pork ✓ Turkey ✓ Veal <p>*Watch out for fried and breaded meats, hot dogs, and cold cuts!</p> <p><u>Condiments & Spices</u></p> <ul style="list-style-type: none"> ✓ Allspice ✓ Bay Leaf ✓ Caraway seed ✓ Cinnamon ✓ Cloves ✓ Dill ✓ Fenugreek ✓ Ginger ✓ Garlic ✓ Licorice ✓ Mace ✓ Marjoram ✓ Mint ✓ Nutmeg ✓ Oils ✓ Oregano ✓ Paprika ✓ Peppermint ✓ Poppy seed ✓ Sage ✓ Sesame seeds ✓ Shortening ✓ Sunflower seeds ✓ Thyme ✓ White pepper ✓ Dry mustard NO Ketchup NO Mayonnaise NO Mustard NO Salad dressings NO Vanilla NO Vinegar
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