



Guidelines for following a yeast-free diet

Yeasts are single-celled organisms closely related to molds — both of which are classified in the **Kingdom Fungi**. It follows that many people who need to avoid yeast find they do best avoiding molds as well. Because so many favorite foods contain yeasts and molds, getting used to a yeast-free diet can pose a challenge, at first. The object of a yeast-free diet is to minimize your exposure to these foods, to whatever extent is practical, helpful, or necessary for you. By following these guidelines you can effectively decrease your intake of yeast and mold, give your system a chance to reset its microbial balance, and alleviate your symptoms of systemic yeast overgrowth.

Basic tips for going yeast-free

- ❖ **Baker's yeast** is added to most baked goods, including breads, biscuits, buns, rolls, pretzels, crackers, and pastries. Unleavened baked products, as well as those raised instead with baking soda and/or baking powder, as well as may be substituted (in moderation).
- ❖ Yeast is present in **fermented liquids** of all kinds: all alcoholic beverages, *kombucha* and kefir, root and birch beers, ginger ale, and vanilla and almond extracts should be avoided. Coffee substitutes, dry cereals, and milk drinks to which **malt** has been added should also be avoided.
- ❖ **Dried fruits**, commercially-produced **fruit juices** (canned and frozen), canned tomatoes and tomato juice, contain yeast or molds. Limited quantities of fruit (three daily), unless you see a reaction, then limit to twice weekly. Altogether avoid grapes, figs, raisins, dates, prunes and any other dried fruits.
- ❖ **Cheeses** of all kinds, including cottage cheese, as well as buttermilk and sour cream, contain yeast and/or fungi. Skim milk, plain yogurt and kefir, butter and ghee may be used by some, but we encourage you to stay away from them while following a yeast-free diet.
- ❖ Remember, **fungi** of all kinds, including mushrooms and truffles, are relatives of yeasts.
- ❖ All **fermented condiments** as well as condiments containing **vinegar** should be avoided. Soy sauce, tamari, miso, fish sauce, 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.
- ❖ All **"true" teas** (derived from *Camellia sinensis* — not herbal teas) undergo enzymatic fermentation in processing, which itself does not involve yeast or mold organisms. Tea may easily become contaminated with mold, however, and some varieties, such as *Pu-er* tea, are purposely aged with natural molds and yeast, so it may be best for you to avoid tea while following this diet.
- ❖ **Wash fruits and vegetables** to eliminate any yeast and mold on their surfaces, and avoid over-ripe produce.
- ❖ **Medications and supplements derived from mold or yeast** should be avoided, including penicillin, mycin, chloromycetin, tetracyclines, vitamin B capsules or tablets made from yeast, multivitamins containing B vitamins made from yeast. Likewise, all medications and tinctures containing alcohol should be avoided.
- ❖ **Always read labels carefully.** Until you become familiar with what you're looking for, you may want to carry this list with you.
- ❖ **Keep a food and symptom diary,** to track any changes in your signs and symptoms. If you notice an adverse reaction to certain foods, remove them from your diet for 4–6 months. If you know you're upset by something but aren't sure what it is, there's a simple way to isolate your food sensitivities. Simply don't eat the same foods every day. Instead, rotate what you eat over a 4–5-day cycle. (Remember, it can take up to 72 hours for the adverse food reaction to appear.) By a process of elimination, over time you'll identify the foods you're sensitive to.

When you make a practice of noting observations about what it is that makes you feel more vibrant, or conversely, unwell, you'll soon begin to know what you need to avoid — and making the choices that create better health will become like second nature to you.



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A healthy diet that eliminates most sources of yeast consists of the following...

- ❖ A wide variety and ample amounts of **fresh vegetables**, raw or cooked, preferably organic. Be sure to include dark green leafy vegetables. Some **fresh fruits** are fine (see list), but keep to a minimum.
- ❖ **Quality protein** at every meal, including moderate amounts of:
 - ❖ Wild-harvested fish/seafood, free-range fowl, and grass-fed meat
 - ❖ Whole grains and grain substitutes (see below)
 - ❖ Raw, blanched, or fresh-roasted nuts and seeds (except peanuts and pistachios)
 - ❖ Legumes
 - ❖ Skim milk, plain yogurt, butter (minimal, if tolerated)
- ❖ **Complex carbohydrates**, including whole grains and grain substitutes (amaranth, brown rice, barley, buckwheat, millet, oats, quinoa), beans (kidney, lima, red beans), and certain types of pasta (whole wheat, spelt, corn, rice). Be careful not to get too many carbs — aim for about 15 grams per meal.
- ❖ Unrefined, cold-pressed **vegetable oils**.

Within these guidelines, some breakfast alternatives include:

- ❖ Eggs, poached or soft-boiled
- ❖ Breakfast smoothie made with soy milk, nut milk, or whey powder
- ❖ Hot cereal (oatmeal, buckwheat, millet, or brown rice)
- ❖ Essene bread, Dimpflmeier's Sour Rye, or whole-grain (baking powder) muffin or bagel, toasted, with sesame or nut butter

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

- ❖ Vegetable salad
- ❖ Steamed vegetables
- ❖ Slow-roasted squash, onions, parsnips, sweet potato
- ❖ Vegetable-rich soups
- ❖ Sandwiches on yeast-free bread
- ❖ Baked, broiled, or steamed fish, fowl, or lean meats
- ❖ Butter or ghee, in moderation
- ❖ Salad dressings of olive oil, fresh lemon or lime, dry mustard, minced garlic, herbs, and salt

Snack foods might include:

- ❖ Fresh vegetables
- ❖ Hummus or black bean dip
- ❖ Seeds and nuts (except peanuts and pistachios)
- ❖ Rice cakes, rice crackers, Wasa Lite Rye, Ry-Krisp, Kavli crispbread
- ❖ Small cup of plain yogurt with fresh fruit, as tolerated

Beverages suitable during this yeast-free period include:

- ❖ Spring water, filtered tap water, and mineral water
- ❖ Home-squeezed vegetable juices
- ❖ Herbal teas, hot or cold
- ❖ Soy milk and nut milk, preferably organic
- ❖ Homemade soda (½ seltzer or mineral water + ½ fresh fruit juice)
- ❖ Broth made from vegetables
- ❖ Freshly-squeezed lemon or lime juice added to the above drinks



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While following your yeast-free diet, take care to avoid the foods marked “NO” in the list below. All of the check-marked foods can be eaten on a yeast-free diet, unless you are avoiding them for other reasons.

Dairy & eggs

- ✓ Butter, preferably ghee
- NO Cheese
- ✓ Eggs
- NO Ice cream
- ✓ Cow or goat milk
- ✓ Yogurt — plain, organic
- NO Kefir

Fruits

- ✓ Apples
- ✓ Avocados
- ✓ Bananas
- ✓ Blackberries
- ✓ Blueberries
- ✓ Cantaloupe
- ✓ Cherries
- NO Dates
- NO Figs
- NO Grapes
- ✓ Grapefruit
- ✓ Honeydew melon
- ✓ Kiwifruit
- ✓ Lemons
- ✓ Limes
- ✓ Nectarines
- ✓ Oranges
- ✓ Peaches
- ✓ Pears
- ✓ Pineapple
- ✓ Plums
- ✓ Pomegranates
- NO Prunes
- ✓ Raspberries
- NO Raisins
- ✓ Strawberries
- ✓ Tangerines
- ✓ Watermelon

Meats & poultry

- ✓ Beef
- ✓ Chicken
- ✓ Duck
- ✓ Lamb
- ✓ Liver (beef)
- ✓ Pork
- ✓ Turkey
- ✓ Veal
- NO Fried or breaded meats
- NO Hot dogs
- NO Cold cuts

Fish & seafood

- ✓ Bass
- ✓ Bluefish
- ✓ Carp
- ✓ Clams
- ✓ Codfish
- ✓ Crab
- ✓ Flounder
- ✓ Haddock
- ✓ Halibut
- ✓ Herring
- ✓ Lobster
- ✓ Mackerel
- ✓ Oyster
- ✓ Pike
- ✓ Perch
- ✓ Swordfish
- ✓ Salmon
- ✓ Sardine
- ✓ Scallops
- ✓ Shrimp
- ✓ Smelt
- ✓ Trout
- ✓ Tuna
- ✓ Whitefish

Cereals, grains, & grain substitutes

- ✓ Barley
- ✓ Buckwheat
- NO Cane sugar
- ✓ Corn
- NO Malt
- ✓ Oats
- ✓ Brown rice
- ✓ Rye
- ✓ Whole wheat
- ✓ Millet
- ✓ Brown rice cakes
- ✓ Brown rice crackers
- ✓ Corn tortillas
- ✓ Pasta made from whole grain
- ✓ Puffed whole rice, corn, and wheat
- ✓ Shredded wheat
- ✓ Unleavened crisp breads and flat breads

Nuts & seeds

- ✓ Almonds and almond butter
- ✓ Brazil nuts
- ✓ Cashews and cashew butter
- ✓ Coconut
- ✓ Filberts/hazelnuts
- ✓ Macadamia nuts
- NO Peanuts
- ✓ Pecans
- NO Pistachios
- ✓ Poppy seeds
- ✓ Sesame seeds and tahini (sesame seed butter)
- ✓ Sunflower seeds
- ✓ Walnuts



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Condiments & spices

- ✓ Allspice
- ✓ Bay leaf
- NO Black pepper
- NO Capers
- ✓ Caraway seed
- ✓ Cilantro
- ✓ Cinnamon
- ✓ Cloves
- ✓ Coriander
- ✓ Dill
- ✓ Dry mustard
- ✓ Fenugreek
- ✓ Ginger
- ✓ Garlic
- NO Ketchup
- ✓ Licorice
- ✓ Mace
- ✓ Marjoram
- NO Mayonnaise
- ✓ Mint
- ✓ Nutmeg
- NO Nutritional yeast
- ✓ Oils
- ✓ Oregano
- ✓ Paprika
- ✓ Parsley
- ✓ Peppermint
- NO Pickles
- NO Prepared mustard
- NO Relish
- ✓ Sage
- NO Salad dressings (containing vinegar)
- ✓ Thyme
- NO Vanilla
- NO Vinegar
- NO Yeast extracts (Bovril, Marmite, Vegemite)
- ✓ White pepper

❖ Read more about systemic yeast at:

<http://www.womentowomen.com/digestionandgihealth/candida.aspx>

❖ For questions about Women to Women's Personal Program, call 1-800-448-4919.

Vegetables

(fresh or plain frozen)

- ✓ Artichoke
- ✓ Asparagus
- ✓ Beets
- ✓ Broccoli
- ✓ Brussels sprouts
- ✓ Cabbage
- ✓ Carrots
- ✓ Cauliflower
- ✓ Celery
- ✓ Chives
- ✓ Corn
- ✓ Cucumber
- ✓ Eggplant
- ✓ Endive
- ✓ Fennel
- ✓ Green pepper
- ✓ Kidney beans
- ✓ Kohlrabi
- ✓ Leek
- ✓ Lentils
- ✓ Lettuce
- ✓ Lima beans
- NO Mushrooms
- NO Olives
- ✓ Onions
- ✓ Parsnips
- ✓ Peas (green)
- ✓ Pimiento
- ✓ Potatoes (sweet or white)
- ✓ Pumpkin
- ✓ Radish
- ✓ Red pepper
- ✓ Rhubarb
- ✓ Soybeans
- ✓ Spinach
- ✓ Squash
- ✓ String beans
- ✓ Tomato
- ✓ Turnip
- ✓ Chick peas
- ✓ Garbanzo beans
- ✓ Navy beans

Beverages

- NO Alcoholic beverages
- NO Chicory-containing beverages, including Pero, Postum, Cafir, Bambu
- NO Chocolate drinks or Cocoa
- NO Coffee, regular
- ✓ Coffee, Swiss water-processed decaf
- ✓ Dacopa
- ✓ Fresh-squeezed juices
- ✓ Herbal tea (as long as it does not smell musty)
- NO Kombucha
- ✓ Pau d'Arco
- NO Processed fruit juices
- NO Soda
- ✓ Milk
- ✓ Mineral water
- ✓ Spring water
- ✓ Tap water, preferably filtered
- ✓ Tea, regular (NO Pu'er tea)
- ✓ Seltzer

Miscellaneous

- NO Agave nectar
- NO Baker's yeast
- NO Brewer's yeast
- NO Cake
- NO Candy
- ✓ Carob
- NO Chewing gum
- NO Chocolate or cocoa
- NO Cookies
- ✓ Gelatin
- NO Honey
- NO Maple syrup
- NO Sugar
- NO Other sweets

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