

## Yeast Free Diet

Avoid	Moderation	Unlimited
<p>All refined sugars - Cookies, Lollies, Muffins, Ice Cream Cake, Cereals (check ingredients,) Granola, Yogurt packaged w/fruit</p> <p>Unrefined Sugar - Molasses, Honey</p> <p>Wheat / Gluten - Bleached flour, White/whole wheat bread, Pizza crust, Waffles, Pancakes</p> <p>Yeast or fermented foods -Bread (including sourdough), Cakes / muffins, Crackers, Beer, Fermented beverages ,Vinegar, apple cider vinegar, black tea, buttermilk, fruit juices (unless fresh)</p> <p>Animal protein</p> <p>Milk</p> <p>Tropical fruit</p> <p>Dried fruit</p> <p>Aged cheeses</p> <p>Aged Meats</p> <p>Olives</p> <p>Peanuts and peanut butter</p> <p>Yeast derived food additives - Citric acid, Lactic acid, Teast extract</p> <p><b>All alcohol</b></p> <p>Vinegar and vinegar containing foods - Mustard,</p> <p>Ketchup, Other sauces</p> <p>Pickled foods</p> <p>Soy sauce, bean paste, miso soup &amp; tofu</p> <p>Fruits containing wild yeasts - Blackberries, Blueberries, Strawberries, Grapes and any jams made from them</p> <p>Mushrooms</p>	<p>Plain yogurt</p> <p>1 – 2 servings of fresh fruit per day maximum (wash well and don't eat if rotting or moldy)</p> <p>Millet, Oats, Barley Amaranth, Quinoa, Rice, Brown rice, Buck Wheat</p> <p>Raw, saltless sauerkraut</p> <p>Nuts, seeds, avocados</p> <p>Oils (rich in oleic acid)- Extra virgin olive oil Flaxseed oil</p> <p>Salt – Use whole sea salt</p> <p>Organic grass fed red meat (1 – 2 x a week)</p> <p>Organic cage free eggs (1 – 2 x a week)</p> <p>Sweet/Starchy Vegetables *Baked only- Yams Sweet Potatoes</p> <p>Non Aged Cheeses - mozzarella, cottage, cream cheese, cheddar</p>	<p>Vegetables should constitute 40 to 50% of daily diet</p> <p>Beans/legumes: 10% of diet - Beans, Lentils, Peas</p> <p>Sprouts -Barley, Rice, Millet, Mung bean,</p> <p>Chlorophyll-rich foods -Deep green vegetables, Barley grass juice, Wheat grass juice, Blue-green algae, Spirulina, Seaweed, Parsley, Kale, Collard, Dandelion greens, Chard, Watercress, Romaine lettuce Cabbage</p> <p>Other vegetables - Carrots, Parsnips, Beetroot</p> <p>Alliums - Onion, Garlic, Leeks</p> <p>Natural plain yogurt</p> <p>Kefir</p>

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Avoid	Moderation	Unlimited
Avoid antibiotics if possible as they kill normal gut flora and create yeast proliferation	Make sure you soak whole grains for at least 6 hours	Fermented Foods are allowed as they replenish the good bacteria in the GIT so it overrides the sugar and vinegar rule. Start with just a teaspoon if you haven't had them before.
Avoid Oral Contraceptives		
B Vitamins (unless from a non yeast source)		