

Yeast Free Diet

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

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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 overides 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)		