

## Yeast Free Diet

The goal of a yeast free diet is to reduce consumption of foods or drinks that 1) contain yeast or mold, such as baked goods and mushrooms; and 2) are high in carbohydrates, especially simple sugars. Why should you reduce carbohydrates in your diet? Because they are the “food” for yeast, and act to sustain the yeast and mold that you may consume. We have listed suggestions of foods to enjoy and to avoid. It is not a comprehensive list, but is meant to serve as a guide to help you maintain a yeast free diet. We recommend following these diet recommendations strictly for 8 weeks. Then, it is okay to reintroduce, slowly, some of these foods. However, if you develop symptoms while reintroducing these foods, you will need to remove these foods from your diet.

### Foods to Enjoy

**1) Low carbohydrate vegetables** - These vegetables contain fiber and wonderful essential nutrients. They are relatively low in carbohydrates and calories. You can eat them fresh or frozen, cooked or raw.

asparagus	parsley
beet greens	parsnips
bell peppers	radishes
broccoli	Rutabaga
brussels sprouts	shallots
cabbage	snow Peas
carrots	soybeans
cauliflower	spinach
celery	string beans
collard greens	swish chard
eggplant	tomatoes, fresh
garlic	turnips
kale	
leeks	
lettuce (all varieties)	
mustard greens	
okra	
onions	

**2) Fruits**-Although many fruits can be high in carbohydrates, they are part of a healthy diet. We recommend eating plenty of whole fruits and vegetables, but avoid fruit juices such as apple and orange juice, which will provide a very high carbohydrate load.

### 3) Meats and Seafoods

beef

### 4) Nuts, Seeds, and Oils

almonds

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chicken  
fish  
lamb  
pork  
shellfish: shrimp, lobster, crab  
tofu  
turkey  
veal  
wild game

brazil nuts  
butter  
cashews  
filberts  
flaxseed  
oils: canola, corn, olive, sunflower  
pecans  
pumpkin seeds  
walnuts

## Food to Eat in Limited Amounts

### 1) High-Carbohydrate Vegetables

artichoke	potatoes
avocado	sweet potatoes
beans, peas and other legumes	winter, acorn, and butternut squash
beets	

### 2) Whole Grains

barley  
brown rice  
corn  
oats  
rice  
wheat-the main ingredient in most breads, baked goods, and pastries

### 3) Grain Alternatives

buckwheat  
couscous  
quinoa

## Foods to Avoid

Try to limit **sugar** (sucrose), candy, and sugary drinks, such as soda and sweet tea, and other non-diet drinks that are high in sugar. Avoid other quick-acting carbohydrates, such as fructose, maltose, lactose, glucose, mannitol, sorbitol, galactose, monosaccharides and

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polysaccharides. Limit the amount of honey, molasses, maple sugar, date sugar, and turbinado sugar in your diet. Finally, avoid packaged and processed foods which likely contain refined sugar products, such as high fructose corn syrup, and other hidden ingredients.

In general, limit foods that contain yeasts or molds:

- Breads, pastries, and other raised-bakery goods
- Moldy cheeses, such as Roquefort and blue cheese
- Malt products: Malted milk drinks, cereals and candy
- Edible fungi: All types of mushrooms, morels and truffles.