



## YEAST FREE DIET

Yeast are part of an enormous family of fungi that includes mushrooms, baker's yeast and antibiotics. Some illnesses are caused by fungus, e.g. Farmer's lung and Candida (thrush). Be wary of food that has been left about for some time, as yeasts need time and the necessary conditions to grow, and many yeasts are impossible to see with the naked eye. Yeast will have been used in the processing of any products which have been fermented, e.g. wine. Preserved or dried foods will almost certainly have yeasts on them, even if they have been treated to give a longer shelf life. It is impossible not to ingest some yeasts, this is unavoidable as they are all about us in the air. The descriptions, dried, pickled, cultured, and fermented, all give indication of the presence of yeast.

Eating out is not difficult provided cheese dishes, any food with vinegar or alcohol, pickles, and mushrooms or truffles are avoided. Bread also must not be eaten, but some plain crisp breads may be acceptable. Salads should be without dressing, and meat without stuffing. Choose grilled meat without gravy (most good Health Food shops sell yeast free gravy granules), plain boiled or steamed vegetables, plain grilled fish or omelettes. It is wise to avoid fruit desserts and of course cheese and biscuits.

Following this diet will reduce the amount of calcium, protein, fibre and fat consumed, and adjustments need to be made in other areas to combat this. Use a raising powder that does not contain cream of tartar and make whole wheat soda bread and scones at home, but eat within a short time of baking. Rye crisp breads, or whole-wheat breakfast cereals (if they can be tolerated) such as Shredded Wheat and Puffed Wheat and rice can be eaten instead of bread.

It is advisable to increase also the amount of vegetables eaten, especially the high potassium ones. All fruit eaten should be thoroughly washed, dried and peeled then eaten immediately, keeping the peel well away from the flesh of the fruit or you may contaminate it with yeast. Make oil or lemon dressings for salads with fresh lemon juice.

A problem with the omission of bread is that it could lead to a deficiency of B complex vitamins. To help correct this drop scones can be made with whole wheat flour without yeast, or soda bread etc. some recipes are included here. An increase in the amount of liver to 4oz (100g) per week would also help. If a B complex supplement needs to be taken synthetic B vitamins would be more suitable as natural supplements will probably be made from yeast. Fruit juices should be made from fresh washed and peeled fruit and drunk immediately they are made. If the amount of whole wheat flour used for suitable baking is not increased to at least 1 ½ lb (¾ kilo) per week there is a risk of too little cereal fibre in this diet. This quite a difficult diet to follow, especially as no alcohol whatsoever should be taken.

## FOOD TO AVOID AND INCLUDE ON A YEAST FREE DIET

FOODS TO AVOID	ACCEPTABLE FOODS WHICH CAN BE INCLUDED
<p><b>Breads</b></p> <p>Bread, Rolls, Croissants</p> <p>Some enriched dough's, e.g. currant tea-cakes, doughnuts, scones</p> <p>Stuffing, Bread crumbs</p> <p>Bread and butter pudding</p> <p>Fruit charlotte, Pitta breads</p>	<p><b>Breads</b></p> <p>Soda bread, Soda farls, sold in some bakeries and supermarkets may contain butter milk which should be avoided, at least at first.</p> <p>Yeast Free Bread, Manna bread from health food stores</p> <p>Ryvita, Crackers, Matzos</p> <p>Some Indian breads, eg chapattis (check ingredients)</p> <p>Rice cakes, Oat cakes</p> <p>Homemade scones, Drop scones</p>
<p><b>Mushrooms/truffles</b></p>	
<p><b>Dairy</b></p> <p>All cheeses</p> <p>Yoghurt</p> <p>Buttermilk</p>	<p><b>Dairy</b></p> <p>Yoghurt: after the first 2 weeks live yoghurt is acceptable</p>
<p><b>Dressings</b></p> <p>All kinds of vinegar, Ketchup,</p> <p>Pickles of all kinds</p> <p>Chutneys, Sauerkraut, Horseradish, Mint sauce, salad dressing, soya sauce</p>	<p><b>Dressings</b></p> <p>Salad dressing: Lemon, oil, garlic and herbs can be used.</p>

<p><b>Fruit Skins</b></p> <p>Apples, pears etc.</p>	<p><b>Fruit Skins</b></p> <p>A maximum of 3 fruits per day, peeled and washed is acceptable. Fruits which cannot be peeled, e.g. berries, should be avoided unless very fresh</p>
<p><b>Dried Fruits</b></p> <p>All kinds, currants, sultanas, raisins, mixed peel, apricots, figs, etc.</p>	
<p><b>Malt</b></p> <p>Including: Malted drinks</p> <p>Malted cereals</p>	<p><b>Malt</b></p> <p>Malt free cereals e.g. shredded wheat, puffed wheat, rice, porridge oats, homemade muesli etc.</p>
<p><b>M.S.G</b></p> <p>Mono-sodium glutamate or flavour enhancer E221</p>	<p><b>M.S.G</b></p> <p>M.S.G found in Chinese food, flavoured crisps etc. you can sometimes ask that this is left out of food in Chinese restaurants and take ways.</p> <p>Crisps either plan or get brands with no additives e.g. hedgehog.</p>
<p><b>Nuts</b></p>	<p><b>Nuts</b></p> <p>Small amounts of fresh nuts are fine, but avoid peanuts and pistachios</p>