



HARMONY
HEALTH TESTING

YEAST FREE DIET

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YEAST FOOD TO AVOID

- Bread
- Rolls
- Croissants
- Current teacakes
- Doughnuts
- Scones
- Stuffing
- Bread and butter pudding
- Fruit Charlotte
- Pitta breads
- Soda bread
- Soda farls
- Other yeast free breads e.g. Manna bread
- Ryvita
- Crackers
- Matzos
- Some Indian breads, e.g. chappatis.
- Yoghurt: after first 2 weeks live yoghurt is acceptable.
- Salad dressing: Lemon oil, garlic and herbs can be used.
- Fruit: maximum of three fruits per day, peeled and washed. Fruits which cannot be peeled, e.g. berries, should be avoided unless very fresh.
- Cereals: malt free cereals - shredded wheat, puffed wheat, rice, porridge oats, home made muesli, etc.
- M.S.G. found in Chinese food, flavoured crisps etc (can sometimes ask to be left out of food in Chinese restaurants, take - aways.
- Crisps: either plain or buy brands with no additives
- Rice cakes
- Bread crumbs
- Oat cakes
- Homemade scones drop scones.
- Mushrooms
- Truffles
- All Cheese
- Buttermilk
- Vinegar - all kinds, ketchup, pickles, chutneys, sauerkraut, horseradish, mint sauce, mustard, salad dressing, soy sauce.
- Fruit skins, e.g. apples, pears etc.
- Dried fruits (all kinds - currants, sultanas, raisins, mixed peel, apricots, figs, etc.)
- Malt, malted drinks, malted cereals.
- M.S.G. (Mono-sodium glutamate or flavour enhancer E221)
- Nuts: small amount of fresh nuts are fine, avoid peanuts and pistachios.
- Baking powder and bicarbonate of Soda may be used for baking.
- Yeast of all kinds (fresh, Baker's. brewer's dried, compressed, instant)
- Yeast extract spreads (e.g. Marmite, Vecon, Yeastrel, Natex).
- Cream of tartar
- B complex vitamins (with yeast base). Antibiotics and other drugs derived from mould cultures.
- RNA/DNA (pills)
- Alcohol (all kinds, incl, wines, spirits and beers).



YEAST FREE DIET



Yeasts are part of an enormous family of fungi that include mushrooms, baker's yeast and antibiotics.

Some illnesses are caused by fungus, e.g. farmers 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 indications 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, (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.



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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 advisable to increase 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 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 the 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.

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 a natural supplement's will probably be made from yeast.

Fruit juices should be made from fresh washed and peeled fruit and drank immediately. If the amount of whole wheat flour used for suitable baking is not increased to at least 1 1/2lb (3/4kilo) per week there is a risk of too little cereal fibre in this diet.

This is quite a difficult diet to follow, especially as no alcohol whatsoever should be taken.

