

## **Yeast Intolerance**

If you have shown a reaction to Baker's or Brewer's Yeast then you should eliminate or cut down your consumption of yeast. (*Baker's and Brewer's Yeast are two strains of the same organism, so people who react to one will usually react to the other.*)

Of all the foods to avoid, yeast is probably the most difficult as it is hidden in so many processed foods; therefore it is vital that you plan ahead before you start with your Yeast Free Diet. Live yeast is used in food preparation and processing where it converts sugar to carbon dioxide and alcohol. It is a good source of vitamin B but this can be obtained from other foods such as meat, fish, whole grains, nuts and dark vegetables.

Yeast free diets need to avoid natural source of wheat as well as those added to food.

Avoiding all sugar may also provide benefits by preventing the growth of yeast cells within the digestive system.

### **Yeast Sources**

- Most breads, rolls, pastries, brioche, crumpets, Bath buns, Chelsea buns, tea-cakes, hot cross buns, muffins, doughnuts, croissants, Danish pastries, pizza bases, Indian nan bread. Some other bread-type cakes.
- Yeast extract eg. Marmite, Vegemite, Bovril, Oxo and supermarket own brands. Many stock cubes and gravies also contain yeast.
- Fermented drinks such as beer, wine, and cider.
- Malted milk, malted drinks and homemade ginger beer.
- Fruit juices – only freshly squeezed are yeast free.
- Fermented or ripe foods including ripe cheese, sauerkraut, soy sauce, miso, vinegar, sauces containing vinegar and soy sauce.
- Quorn (mycoprotein), textured vegetable protein and hydrolysed vegetable protein.
- Mushrooms and other fungi that may cause a mild reaction.
- Ripe foods and very ripe cheeses such as Brie and Camembert.
- Dried fruits.
- Some nutritional supplements.

### **Substitutes**

- Replace soy sauce with toasted sesame oil.
- Champagne, Tequila, gin and vodka are virtually yeast free, but go easy on this.
- Yeast free soada breads and other alternatives such as Ryvita, rice cakes, oat cakes and rye pumpernickel.
- Lemon juice instead of vinegar.

**Nutrients** Some people may need to take a yeast-free vitamin and mineral supplement.