

Diet for Candida

Foods to avoid:

The following foods may contain yeast as an additive ingredient in preparation. The label may say leavening agent :

- Bread
- Biscuits
- Cake and cake mixes
- Crackers
- Hamburgers
- Viennas
- Rolls
- Milk fortified with vitamins
- Pastries
- Processed meats
- Fish and poultry prepared with bread crumbs
- Flour enriched with vitamins from yeast.

The following foods may contain yeast or yeast-like substances because of their natural composition or the nature of the way they are manufactured or produced:

- Mushrooms
- Tea
- Buttermilk
- Sour-cream
- Soy sauce
- Truffles
- Yoghurt
- Chocolate
- Cheese: all types including cottage cheese.
- Citric Acid: almost always a yeast derivative.
- Citrus fruit juices: all types whether frozen or canned. Use freshly squeezed juice, liquifruit or ceres pure fruit juices.
- Dried Fruit: all types.
- Fermented Beverages: all types – beer, gin, whisky, wine, rum etc.
- Malted products: all types e.g. cereals, chocolate, milk drinks which have been malted.
- Monosodium glutamate: may be a yeast derivative.
- Vinegars: all types – distilled apple, pear or grape. These may also be used in the following products : baby foods , cereals , barbecue sauces and other prepared sauces, mayonnaise, mine pies, olives, pickles, salad dressing, gherkins and tomato sauce.
- Yeast Extracts: marmite, bovril, fray bentos.

The following substances are derived from yeast or have a yeast source:

- Antibiotics
- Vitamin B12
- Chloromycetin
- Linocin
- Myecin drugs
- Penicillin
- Tetracyclines and other derived from yeast cultures.
- Multi vitamins: capsules or tablets which contain B-complex vitamins or have been made from yeast.