



Foods Containing Yeast

Alcohol
Baker's Yeast
Bakery Products
Berries
Bread
Breaded Fish/Chicken
Brewer's Yeast
Catsup
Cheeses
Condiments Containing Vinegar
Crackers
Dried Fruit
Enriched Flour
Fermented Products
Fortified Products
Ginger Ale
Honey
Horseradish
Malted Products
Mayonnaise
Mushrooms
Mustard
Olives
Pickles
Pizza
Pretzels
Relish
Root Beer
Salad Dressings
Sauces With Vinegar
Sauerkraut
Sour Cream
Soy Sauce
Stuffing Mix
Truffles
Vinegars
Vitamins

Fermented products, molds and fungi must also be avoided as they are very similar to yeast.

Please Note: Because so many foods unexpectedly contain yeast, you must carefully look at all labels on processed foods. Consult the above list often so you will be aware of offending foods. Keep in mind that sugars and sweets "feed" the yeast and should be avoided in order to overcome the yeast overgrowth.