

YEAST ELIMINATION DIET GUIDELINES

To help calm your immune system and eliminate yeast overgrowth in the GI tract, we need to **eliminate the following foods (which feed and can drive overgrowth of yeast species in the gut):**



Sugar & Sweeteners



Fruit Juices or
Blended Fruits



Flour-Containing
Foods



Alcohol



Dairy foods

Because yeast is so effective at making us crave what they wish to eat, you can expect to have some cravings in the short-term after these eliminations are in place. Be disciplined, and hang in there though! It is critical to ensure your diet is not working against your other anti-yeast efforts.

While this elimination diet undoubtedly feels restrictive, **savor and enjoy the following foods liberally (with the exception of any known food sensitivities).**

Aim to make your meals 15-20% protein and at least ~50% vegetables (the rest should be mostly healthy fats). This diet helps to strengthen the immune system, reduce inflammation, and create an unsuitable environment in the gut for yeast.

- Unprocessed, high-quality grassfed meats, wild caught fish, pasture-raised organic poultry and eggs
- Ghee and cold-pressed extra virgin olive oil or coconut oil
- All vegetables, especially fresh or frozen ones (except mushrooms which are a type of fungus and potatoes which are readily converted into sugar in the gut)
- Whole-food dips (e.g. guacamole, homemade salsa, olive tapenade, hummus in small amounts at once ~1/4 cup)
- Fresh herbs and spices or dried (without additives or preservatives)
- Nuts and seeds. Prioritize pumpkin and sunflower seeds and almonds; other nuts in small amounts
- Frozen and fresh whole fruit (except oranges, grapes, melon, and pineapple) - up to two servings/days.

Oranges are not high-sugar but are extremely prone to mold inside.

- Avocado & coconut are great (coconut: fresh or dried, unsweetened)
- Water, herbal, green, or white tea
- Stevia (herbal sweetener – liquid vs. powder) or Xylitol (a natural sugar alcohol powder)
- Apple cider vinegar (if no yeast allergy/sensitivity) and lemon/lime juice for dressing salads with EVOO
- Perhaps: Gluten-free whole grains (especially quinoa, millet, amaranth, steel cut oats, and buckwheat) – up to one half-cup serving/day. **Quinoa and buckwheat are best choices.**
- Perhaps: Legumes including beans, peas, or lentils - up to one half-cup serving/day. **If you feel you can digest them well.**

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When people think of yeast, we most often think of baker's yeast such as that used in bread or brewer's yeast as in beer. However, yeast is also used in the fermentation of many foods. If there is a strong immune system reaction to yeast or mold, we need to avoid all foods which might contain yeast or mold (by design or as a hidden source). You will also need to begin reading ingredient labels carefully for any yeast-related additives. In **appropriate cases, all or some of the following should be avoided entirely as they contain yeast and/or mold or are yeast-promoting:**

- Black tea (both caffeinated or decaffeinated) and coffee
- Baked goods (e.g. bread, buns, rolls, doughnuts, crackers)
- Mushrooms
- Dried fruit
- Peanuts (not a true nut but a legume, very prone to mold)
- Vinegar and vinegar-containing foods (e.g. salad dressing – use olive oil and lemon or lime juice OR **use only apple cider vinegar**)
- All foods that might contain mold (e.g. overly ripe fruit)
 - All prepared food with yeast as an ingredient. Be careful of hidden sources of yeast when you read labels (e.g. yeast extract, autolyzed vegetable protein, hydrolyzed protein, MSG)