

YES!

YEAST CONTROL DIET – FOODS YOU CAN EAT

MEAT

Beef	Rabbit
Chicken	Venison
Turkey	Ostrich
Lamb	Goose
Veal	Cornish Hen
Quail	Pheasant
Duck	Eggs
Squirrel	All game birds

All meats and eggs
EXCEPT bacon, sausage,
ham, hot dogs, lunch meats

NUTS & SEEDS

Almonds (best choice!)	
Walnuts	Brazil
Cashews	Filberts
Pecans	Hazel
Macadamia	Pine Nuts
Pumpkin & Sunflower Seeds	

All nuts and seeds
EXCEPT peanuts & pistachios

AVOID FRUITS

EXCEPT for green apples &
Berries (strawberries, blueberries,
Raspberries, blackberries, etc)
Eat Fruit Alone For Best Digestion

OILS (COLD PRESSED)

Almond	Apricot	Avocado
Grapeseed	Olive	Butter
Safflower	Sesame	

BEVERAGES

Water
Herbal Teas
Green Teas
Vegetable Juices

FRESH FISH

Salmon	Lobster	Crab
Tuna	Shrimp	Oysters
Clam		

VEGETABLES

Acorn Squash	Lettuce
Asparagus	Legumes
Beets	Onions
Broccoli	Okra
Brussels Sprouts	Parsley
Butter Squash	Parsnips
Cabbage	Peas
Carrots	Potatoes (red)
Cauliflower	Radishes
Celery	Spinach
Collard Greens	Summer Squash
Eggplant	Sweet Potatoes
Green Peppers	Turnip
Mustard Greens	Winter Squash
Zucchini	

All Fresh or Frozen Vegetables

WHOLE GRAINS (UNPROCESSED)

Barley	Rice
Oats	Millet
Ezekiel Bread & Ezekiel Muffins	Corn
	Plain Corn Tortillas

NO!

YEAST CONTROL DIET – FOODS YOU MUST AVOID

Remember, yeast loves SUGAR, FLOUR, DAIRY, and FERMENTED foods – these must be avoided during a yeast control diet. Specifically, you should avoid the following:

FRUIT JUICES	Either canned, bottles, or frozen.
COFFEE & TEA	Regular coffee, instant coffee, decaf coffee and black teas. (Green tea is allowed, and other herbal teas.)
MELONS/FRUIT	Watermelon, honeydew melon, and especially cantaloupe. Avoid all fruit except green apples and berries.
EDIBLE FUNGI	All types of mushrooms, morels, and truffles.
CHEESE/DAIRY	All types including cottage cheese, cream cheese and yogurt. Prepared foods such as Velveeta, macaroni & cheese, any other snacks containing cheese. No buttermilk, sour cream, or any other sour milk or dairy products. (Rice cheese is allowed.)
ANTIBIOTICS	Specifically penicillin, streptomycin, ampicillin, amoxicillin, keflex, ceclor, Spetra, and bactrim.
PROCESSED FOODS	Packaged and processed foods containing refined sugar. Also avoid refined flour products.
PEANUTS/PISTACHIOS	Pistachios, peanuts and peanut butter, because these nuts usually contain mold, which feeds yeast. Use almond butter, cashew butter, or unsweetened sunflower seed butter.
SUGAR	All sugar-containing foods and sweeteners, including honey, fructose, and sucrose. Stevia, Xylitol, and Erythritol are allowed.
ALCOHOL	Fermented liquors and liqueurs (beer and wine), and beverages such as cider and root beer.
MALT PRODUCTS	Milk drinks, cereals, and candy.
CONDIMENTS/VINEGARS	All sauces and all vinegars and vinegar-containing foods: mayonnaise, most Salad dressings*, mustard, ketchup, Worcestershire, Accent, monosodium Glutamate, steak sauce, barbecue sauce, chili, cocktail sauce, soy sauce, tamari, Pickles, pickled vegetables, relishes, green olives, sauerkraut, horseradish, Mince meat. Also avoid SPROUTS unless thoroughly cleaned. (*Freshly squeezed lemon Juice may be used as a substitute for vinegar in salad dressings prepared with Unprocessed vegetable oil.)
PROCESSED/ SMOKED MEAT	Pickled and smoked meats and fish, including sausages, hot dogs, corned beef, Pastrami, and pickled tongue. Most deli lunch meats contain anti-biotics.
DRIED/CANDIED FRUIT	Raisins, apricots, dates, prunes, figs, and pineapples.
LEFTOVERS	Mold grows on leftover food unless properly refrigerated. Freeze if not consuming in 24 hours.
PASTA	Ezekiel pasta, Carbanada and occasionally Kamut pasta is allowed.