

# DIETARY GUIDELINES FOR YEAST CONTROL

CATEGORY	TO INCLUDE	TO EXCLUDE
<b>Fruits</b>	Lemon or lime	All fruits, dried fruits and juices
<b>Eggs</b>	Eggs	
<b>Dairy</b>	Plain unsweetened yoghurts – Cow, sheep or goat Unsweetened soy milk Coconut milk Unaged goat cheese	Cheese – Cow, soy Milk – Cow, rice, almond, oat and sweetened soy
<b>Grains</b>	None	All refined or whole grains, breads, baked goods, products made with flour
<b>Meats</b>	Seafood and fish – fresh or canned Chicken, turkey Lean beef, pork lamb – Preferably organic	Processed meats – Salami, ham, sausages, smoked or cured meats
<b>Meat replacements</b>	Tofu, tempeh Textured Vegetable Protein (TVP)	None
<b>Beans</b>	Not more than 1 cup cooked per day – Any bean, split peas and legumes	None
<b>Nuts and seeds</b>	Whole or as nut butters or spreads – Walnuts, hazelnuts, pecans, almonds, cashews, flaxseeds, sesame, sunflower, poppy	Peanuts Pistachios
<b>Vegetables</b>	Non starchy vegetables – Raw, steamed, stir fried, baked – See shopping list	Mushrooms Starchy vegetables – Potatoes, corn, sweet potatoes, pumpkin
<b>Fats and oils</b>	Avocado, butter Cold pressed oils – Olive, flaxseed, sesame, macadamia, walnut, coconut	Margarine Prepared salad dressings, spreads, sauces and mayonnaise
<b>Acidic &amp; fermented foods</b>	Lemon and lime juice Raw unfiltered apple cider vinegar Balsamic vinegar	Other vinegars Preserved foods – Sauerkraut, pickles, products preserved in brine or vinegar
<b>Sweeteners</b>	Stevia	Sugar, honey, maple syrup, molasses, corn syrup, fruit sweeteners
<b>Beverages</b>	Filtered, spring, or distilled water Herbal tea Roobios tea	Soft drinks Alcohol Coffee
<b>Leftover foods</b>	Freshly prepared foods	All leftover foods
<b>Condiments</b>	All spices Garlic Hummus	Prepared salad dressings and sauces Spreads – Jams and peanut butter