

# Guide to Complex Intolerances

## Yeast

### Yeast Intolerance

Yeast is a living fungus which is used as an active ingredient in many products, especially baked products and alcoholic drinks. Bakers use yeast to make dough rise and brewers use yeast to ferment sugar to alcohol. Yeast can also be present on foods naturally. It often grows on the skins of berries and soft fruits.

If you have a yeast intolerance you may also react to fungus containing foods such as:

- | Mushrooms
- | Truffles
- | Blue Cheeses
- | Malt

*Bread isn't the only thing to avoid when you're on a yeast-free diet, there are some surprising foods you shouldn't eat.*



If you have a positive reaction to yeast you should remove yeast and fungus containing foods from your diet and also cut down on sugary foods which can fuel the growth of natural yeasts in the body, such as Candida.

### Yeast can also be called:

| Hydrolysed yeast protein | Hydrolysed vegetable protein | Leavening

# Yeast: How to avoid it

Foods to avoid		Yeast free foods	
<b>Breads</b>	<ul style="list-style-type: none"> <li>Breads, pizza bases, pastries, croissants, bagels</li> <li>Yeast containing flat breads - pitta, naan</li> <li>Most sourdough/pumpernickel breads</li> </ul>	<b>Breads</b>	<ul style="list-style-type: none"> <li>Yeast-free breads (using baking powder/bicarbonate of soda)</li> <li>Yeast-free flatbreads (Matzos and flour tortillas)</li> </ul>
<b>Nuts</b>	<ul style="list-style-type: none"> <li>Peanut &amp; peanut products</li> <li>Pistachios</li> </ul>	<b>Fruit</b>	<ul style="list-style-type: none"> <li>Tropical fruits: kiwi, papaya, mango, pineapple</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>Over-ripe fruit</li> <li>Dried fruits (figs, dates, raisins, apricots)</li> </ul>		<ul style="list-style-type: none"> <li>Fresh frozen or tinned vegetables &amp; vegetable juice</li> <li>Peas, beans &amp; lentils</li> <li>Salad vegetables</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>Mushrooms &amp; truffles</li> </ul>	<b>Eggs and Dairy</b>	<ul style="list-style-type: none"> <li>Eggs, soy milk, cottage cheese &amp; plain organic live yoghurt</li> </ul>
<b>Cheese</b>	<ul style="list-style-type: none"> <li>Ripe foods: ripe (or blue) cheeses (Brie, Camembert)</li> </ul>	<b>Meat &amp; Fish</b>	<ul style="list-style-type: none"> <li>Fresh poultry, lamb, pork, beef &amp; veal</li> <li>Fish: mackerel, sardines, cod, salmon, herring, tuna &amp; trout</li> </ul>
<b>Meat &amp; Fish</b>	<ul style="list-style-type: none"> <li>Any pickled, smoked &amp; dried fish, meat &amp; poultry</li> <li>Sushi</li> </ul>	<b>Other</b>	<ul style="list-style-type: none"> <li>Yeast-free pancakes &amp; crepes*</li> <li>Rice cakes, oat cakes, corn tortilla, tacos, some rye crispbreads &amp; Ryvita</li> <li>Non-fermented soya: tofu</li> <li>Pasta, brown rice, brown flours, corn, milk rice, buckwheat, couscous, barley, millet &amp; quinoa</li> </ul>
<b>Condiments</b>	<ul style="list-style-type: none"> <li>Yeast extract: Marmite, vegemite, Bovril, stock cubes &amp; gravies</li> <li>Vinegar-containing foods: pickles, relishes, mayonnaise, Worcestershire sauce, horseradish, grainy mustard, chilli sauce &amp; salad dressing</li> </ul>		
<b>Drinks</b>	<ul style="list-style-type: none"> <li>Fermented alcohol: beer, wine, cider, some spirits, tempeh, miso, tamari (fermented soy beans)</li> <li>Fruit juices (carton) - freshly squeezed is OK</li> </ul>		
<b>Other</b>	<ul style="list-style-type: none"> <li>Baker's &amp; brewer's yeast</li> <li>Some nutritional supplements</li> </ul>		
<b>Ingredients to avoid</b>	<ul style="list-style-type: none"> <li>Textured vegetable protein</li> <li>Hydrolysed vegetable protein</li> <li>Leavening agent (which will be based on a yeast)</li> <li>Yeast extract (added for flavour)</li> <li>Hydrolysed yeast</li> </ul>		



## Yeast-free breakfast replacements:

- Eggs on organic crispbread
- Plain organic live yogurt
- Fat-free Greek yogurt
- Soya cheese
- Cottage cheese
- Nut butters (not peanut) on porridge or crispbread

## Yeast-free lunch & dinner replacements:

- Soba noodles (buckwheat)
- Rice noodles/pasta/potatoes
- Oat cakes and hummus
- Brown rice tortillas
- Homemade soups (use yeast-free stock)
- Wraps using lettuce leaves
- Fresh meat & vegetables
- Homemade bean salads
- Cottage cheese
- Fish pate with butterbeans and olive oil



## Removing yeast and keeping a balanced diet

Yeast is a good source of vitamins, including B vitamins that will need to be replaced. Staple foods such as bread can be replaced with yeast-free breads such as soda bread, corn tortillas and rye crispbreads.

## Some examples of yeast-free foods:

Rice	Rice cakes	Oat cakes
Corn tortilla	Crispbreads	Fresh vegetables
Poultry	Beef	Lamb
Fish	Eggs	Soya milk
Cottage cheese	Plain yogurt	

YorkTest Ltd. Genesis 3  
York Science Park  
York  
YO10 5DQ

YorkTest is a  
registered trademark.

UK: +44 (0)1904 410 410  
ROI: +353 (0)1 20 22 701

info@yorktest.com  
ireland@yorktest.com

www.yorktest.com  
www.yorktest.ie