

Yeast Information

Common Sources of Yeast

The following foods contain yeast as an additive ingredient in preparation.

Breads, cakes, biscuits, cookies, crackers, flour, milk, hamburgers buns, hotdog buns, pastries, pretzels, rolls, any meat fried with a breading.

The following substances contain yeast, or yeast-like substances because of their nature or nature of their manufacturer or preparation.

Black tea, buttermilk, mushrooms, sour cream, soy sauce, truffles, cheese of all kinds, citric acid, citrus fruit juices of all types (Home squeezed will be yeast free), dried fruits of all types, fermented beverages of types, monosodium glutamate, vinegar of all types, baby cereal, bar-b-q sauces, catsup, condiments, chili and peppers, salad dressings, horseradish, mayonnaise, olives, pickles, sauerkraut, tomato sauce.

The following contain substances that are derived from yeast or have their source from yeast:

Antibiotics: B-12, Chloromycetin, Lincocin, Mycin drugs, Penicillin, Tetracyclines, and any others derived from mold cultures.

Vitamins: Multiple vitamins with Vitamin B are made from yeast.

AVOID: Soft drinks, sugars (Equal is the best sugar substitute), melons, peanuts, peanut butter, pistachios, chocolate, ice cream, candies, citric acid, malt, MSG, Juices (unless fresh squeezed), vinegars, pretzels.

ALLOWED: Meats with no breading, vegetables, freshly squeezed juices, pecans, sunflower or pumpkin seeds, popcorn, Pringle Light potato chips, cashews, almond butter, nacho corn chips, Frito corn chips.

WATCH FREQUENCY: potatoes, rice, pasta, bananas, grapes

There are many other foods and substances that contain yeast that are not listed here. It is important to read all labels carefully. It is almost impossible to avoid yeast all together, but cutting down the amount of yeast will make a big difference if you have symptoms of a yeast allergy.

Foods Allowed that Contain Less Yeast

Breads

Whole grain breads, whole wheat, oatmeal, rye. Dorothy Pastry salt rising bread with baking powder. Brand names that contain less yeast are: Pepperidge Farm, Hearth, Ideal Flatbread, Quaker Rice Cakes, Wasa Bread, Gourmet breads.

Crackers

Keebler Rye Krisp, Keeblers Wheatbury, Pepperidge Farm Sesame Sticks, Pepperidge Farm English Water Biscuit

Milk

Sweet acidophilus milk, Farm best milk, White American cheese, Yogurts without citric acid- Yoplait, Cannon, Old World

Natural Fruit Juices

Dole Pineapple, Welch's grape, Notts/Treetop Apple, Oceanspray Cranberry, Cranapple, Crangrape, Juicy Juice Cherry

Cereals

100% Shredded Wheat, Puffed wheat or rice, Cooked cereals

Flours

Gold medal unbleached, Hodgson unbleached, Martha White plain, Any whole wheat or whole grain flour, Pasta- Durum flour (Deli or San Giorgio)

Tea

Boston Chinese Tea (Blue & White can be found in Gourmet Section)

Spaghetti Sauce

Prego Spaghetti Sauce plain