

## Dietary Guidelines *Yeast – Free Diet*

FOODS TO AVOID	FOODS IN MODERATION	BENEFICIAL FOODS
Refined sugars Cookies Candy Muffins Ice Cream Cake Cereals (check ingredients) Granola Yogurt packaged w/fruit Unrefined Sugar Molasses Honey Wheat / Gluten Bleached flour White/whole wheat bread Pizza crust Waffles Pancakes Yeast or fermented foods Breads Cakes / muffins Crackers Beer Fermented beverages Alcoholic drinks Vinegar Animal protein Milk Antibiotics Can kill normal flora, Which allows candida & yeast to proliferate Oral contraceptives Can promote candida Growth -etiology unknown	Plain yogurt 1 – 2 servings of fresh fruit per day – no tropical fruit Complex carbohydrates that are chewed thoroughly Millet Kasha Oats Barley Amaranth Quinoa Rice Brown rice Buck Wheat Miso soup, soy sauce & tofu Raw, saltless sauerkraut Nuts, seeds, avocados Oils (rich in oleic acid) Extra virgin olive oil Flaxseed oil Salt – Use whole sea salt Organic grass fed red meat (1 – 2 x a week) Organic cage free eggs (1 – 2 x a week) Sweet/Starchy Vegetables *Baked only Yams Sweet Potatoes Potatoes	Vegetables should constitute 40 to 50% of daily diet Beans/legumes: 10% of diet Beans Lentils Peas Sprouts Barley Rice Millet Mung bean Aduld bean Chlorophyll-rich foods Deep green vegetables Barley grass juice Wheat grass juice Blue-green algae Spirulina Seaweed Parsley Kale Collard Dandelion greens Chard Watercress Romaine lettuce Cabbage Other vegetables Carrots Parsnips Beets Rutabagas Button mushrooms Garlic

### Breakfast

- Oats – Bob’s Red Mill, cooks in 10 minutes 2 – 3 times a week
- Buckwheat – Bob’s Red Mill, cooks in 10 minutes 2 – 3 times a week
- Eggs – organic, pasture-raised or cage-free, 1 – 2 times a week
- Walnuts, hazelnuts, pine nuts
- Goji Berries (wolfberries), apples
- Plain yogurt

### Other things to eat

- Fruits: Apples, pears, peaches (not too much), plums, cherries, berries, citrus
- Vegetables: Mostly cooked, almost any vegetable is ok – have variety
- Soups without: cream, corn starch, gluten – clear soups
- Starches: Rice, millet, quinoa, baked sweet potato, baked potato, squash
- Whole grains: Soak @ least 6 hours, Overnight is ok - Dump water – Add fresh water to cook
- Meats: Wild fish, organic chicken, grass-fed organic beef (1 – 2 times a week)
- Beans - any type is ok, red, white, navy, mung, etc.

BlueOceaninstitute.org for the latest information most toxic fish