

Modified Yeast-Free Diet Guidelines

FOODS TO AVOID	FOODS IN MODERATION	BENEFICIAL FOODS
<p>Refined sugars Cookies Candy Muffins Ice Cream Cake Cereals (check ingredients) Granola Yogurt packaged w/fruit</p> <p>Unrefined Sugar Molasses Honey</p> <p>Wheat / Gluten Bleached flour White/whole wheat bread Pizza crust Waffles Pancakes</p> <p>Yeasted or fermented foods Breads Cakes / muffins Crackers Beer Fermented beverages Alcoholic drinks Vinegar</p> <p>-----</p> <p>If you eat meat, only eat grass-fed, pastured organic meat and poultry (avoid grass-finished meats too. The animals are still fed corn predominantly)</p> <p>If you eat dairy, only eat grass-fed, pastured organic dairy products and yogurt</p> <p>Salt – Use whole sea salt only. No table or iodized salt.</p>	<p>Plain yogurt</p> <p>1 – 2 servings of fresh fruit per day – no tropical fruits (e.g., pineapple, mango, etc.). Pears and berries are best.</p> <p>Complex carbohydrates that are chewed thoroughly Millet Kasha* Oats* Barley* Amaranth Quinoa Brown rice Buckwheat</p> <p>Miso soup Gluten-free soy sauce (tamari)</p> <p>Tofu (sprouted tofu when possible)</p> <p>Raw, unsalted sauerkraut</p> <p>Unsalted nuts, seeds, avocados</p> <p>Oils (rich in oleic acid) Extra virgin olive oil Flaxseed oil</p> <p>Organic, grass-fed red meat (1 – 2 x a week)</p> <p>Organic pastured eggs (1 – 2 x a week)</p> <p>Sweet/Starchy Vegetables *Baked only Yams Sweet Potatoes Potatoes</p> <p>* not gluten free</p>	<p>Vegetables should constitute 40 to 50% of daily diet. Lightly steam or sauté. Avoid over-eating cold, raw vegetables.</p> <p>Beans/legumes: 10% of diet Beans Lentils Peas</p> <p>Sprouts Barley Rice Millet Mung bean Azuki bean</p> <p>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</p> <p>Other vegetables Carrots Parsnips Beets Rutabagas Shiitake, oyster, wood ear, trumpet mushrooms (avoid portabella or button)</p> <p>Garlic</p>

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Breakfast

- Gluten-free 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), organic apples, organic pears, organic blueberries
- 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 - Discard 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.

Resources

- BlueOceaninstitute.org for the latest information most toxic fish
- Dirty Dozen and Clean Fifteen are lists of which fruits and vegetables must be organic and which are OK to eat when conventionally grown. Organic.org - The "Dirty Dozen" <http://bit.ly/vzeRyn>
- EatWild.com has a directory of local farmers providing grass-fed, pastured meat, dairy and eggs by state - <http://www.eatwild.com/>

Adele’s favorites in New York City

- Milk Thistle Farms - <http://www.milkthistlefarm.com/>
- Ronnybrook Dairy - <http://www.ronnybrook.com/>
- The Brooklyn Kitchen - <http://www.thebrooklynkitchen.com/>
- Angelica Kitchen - <http://www.angelicakitchen.com/>
- Tulu’s Gluten-free Bakery - <http://tu-lusbakery.com/>