

Yeast & Fungus Reduction Diet

The following foods often harbor yeast or mold related organisms or can contribute to making your body more hospitable to these organisms.

- Refined sugar include: white sugar, brown sugar, honey, maple syrup, corn syrup, molasses, chocolate, candies, cookies
- Alcohol (high in refined sugar. Beer and wine also contain yeast fragments)
- Cheese and Milk (contains Lactose: a form of refined sugar)
- Baked goods: such as breads, rolls, crackers, bagels, pastries, and muffins
- Starchy carbohydrates: white pasta, white rice, white bread and potato
- Fruit juices (sugars!)
- Dried fruits
- Fruits with high yeast content: grape, peach, plum, cantaloupe, melons strawberry, raspberry, blackberry, blueberry, oranges, tangerine & mandarin
- Yeast extract: Marmite, Vegemite etc.
- Mushrooms (including truffle oil and flavoring)
- Nuts (peanuts, almonds, walnuts etc are easily contaminated by yeast)
- Vinegar containing foods: wine vinegar, Balsamic, white vinegar, rice vinegar, salad dressing, BBQ sauce, ketchup, mustard, relish, fish/shrimp sauce, salsa, mayonnaise & pickled foods
- Fermented Soy-based foods (Miso soup, soy sauce)
- Any other fermented foods not on this list

This is not an exhaustive list, beware of foods that contain the above as part of its ingredients. For example raisins are from grapes, so raisins are not recommended. Similarly many foods contain corn syrup, which is high in sugar.

The goal is not to eliminate grains completely, which is actually ill advised in Oriental Medicine because they help your body to make Grain Qi. The goal is to avoid refined carbohydrates that are easily converted into simpler sugars that yeasts thrive on. In other word, chose a low glycemic carbohydrate replacements such as buckwheat, quinoa, whole bran barley (pearled barley is acceptable), oat bran, lima beans, chick peas, lentils while you are the Yeast & Fungus Reduction Diet.

Ask your nutritionist and doctor on how to properly begin a diet program to help you identify the foods that may or may not contribute to your type of seborrheic dermatitis, pityriasis versicolor, yeast or fungal infection.

River Clinic for Natural Dermatology & Cosmetic Wellness

www.riverclinic.ca

905-513-6888