

Yeast

Planning Your Diet



Eating and cooking without Yeast

If your results have shown an **ELEVATED** reaction to Baker's or Brewer's Yeast it is recommended that you avoid or reduce or cut down on your consumption of yeast.

Yeast is used in food preparation and is a good source of B vitamins but these can also be obtained from other foods such as meat, fish, whole grains, nuts and dark green leafy vegetables. Live yeast is also used in the preparation of many alcoholic drinks which should therefore be avoided and substituted with low-yeast options.

Of all the foods to avoid, yeast is probably the most difficult as it is hidden in so many processed foods, therefore it is vital that you plan ahead before you start your yeast-free diet.

As Baker's and Brewer's Yeast are two strains of the same organism, it is likely that if you react to one you may react to the other. If your results show elevated to either, it is advisable to avoid all foods that contain yeast as well as sugary foods and refined carbohydrates that may stimulate growth of yeast in your digestive tract. It is also advisable to avoid damp conditions and moulds in the environment.



Foods to avoid

- Baker's yeast, Brewer's yeast
- Breads, pizza bases, pastries such as croissants, that are raised with yeast
- Some flat breads, for example pitta and naan breads contain a small amount of yeast which allow them to rise when cooked producing 'pockets'
- Some sourdough and pumpernickel breads are made using yeast and a lactobacillus culture
- Yeast extract such as *Marmite*, *Vegemite*, *Bovril*, stock cubes and gravies
- Fermented food and drink such as beer, wine, cider, spirits, ginger ale, vinegar, soy sauce and dressings
- Tempeh, miso and tamari (Japanese/Indonesian seasonings made by fermenting soya beans)
- Vinegar containing foods such as pickles, relishes, salad dressings, tomato ketchup, mayonnaise, Worcestershire sauce, horseradish and chilli sauce
- Mushrooms, mushroom sauce, truffles closely related to yeast.
- Pickled, smoked and dried fish, meat and poultry
- Cured pork bacon
- Peanuts and peanut products
- Pistachios
- Ripe foods especially very ripe cheeses such as Brie and Camembert
- Malted milk, malted drinks and home-made ginger beer
- Textured vegetable protein, *Quorn* (mycoprotein) and tofu
- Dried fruits (figs, dates, raisins, apricots etc)
- Over-ripe fruit, any unpeeled fruit
- Fruit juices – only freshly squeezed are yeast-free
- Ingredients labels with hydrolysed protein, hydrolysed vegetable protein or leavening
- Citric acid and sodium monoglutamate may be derived from yeast
- Some nutritional supplements – check label



Yeast may be hidden in many foods and so it is important to always read the food ingredient labels carefully before purchase.

What to look for (and avoid) on food labels:

- Baker's yeast
- Brewer's yeast
- Hydrolysed protein
- Hydrolysed vegetable protein
- Leavening, yeast

Alternative foods to eat...

The following list of foods are low yeast options:

- Pasta, brown rice, brown flours, corn, wild rice, buckwheat, couscous, barley, millet
- Rice cakes, oat cakes, corn tortillas, tacos, rye-crispbreads (eg *Ryvita*)
- Home-made breads (with baking powder/bicarbonate soda for leavening). Muffins, biscuits, chapatis, Irish soda bread
- Flatbreads that do not contain yeast eg matzos and flour tortillas
- Pancakes and crepes use baking soda or baking powder instead of yeast
- Fresh, frozen or tinned vegetables and vegetable juice. Particularly good are onions, garlic, green leafy vegetables such as cabbage, broccoli, kale, Brussels sprouts, spring greens, mange-tout etc
- Salad vegetables such as salad leaves, herbs, rocket, spinach, peppers, alfalfa sprouts, avocado etc
- Peas, beans, lentils
- Free range, organic poultry, lamb, pork, beef, veal
- Fish especially mackerel, sardines, cod, salmon, herring, tuna, trout
- Shellfish
- Free-range eggs, cottage cheese, plain organic live yoghurt (the *lactobacilli* content will encourage healthy gut flora)
- Non-citrus fruits such as blackcurrants, strawberries, tropical fruits (pineapple, papaya, mango, kiwi, banana etc)
- Freshly cracked nuts (especially cashews, hazelnuts, almonds, and pine nuts), seeds (sesame, sunflower and pumpkin), mild spices, ginger, fruit and herb teas, cold pressed oils (such as olive, sunflower, rape, walnut and sesame)
- Garlic, onions, cinnamon, oregano, coconut, ginger, rosemary, olive oil
- Champagne, Tequila, gin and vodka are low yeast options

Refer to Food-Directory – **Yeast; Yeast-free meal ideas** and **Websites for free-from foods** for further help and ideas.



...and useful tips for yeast-free baking

- **Soy sauce can be replaced with toasted sesame oil**
- **Lemon juice can be used instead of vinegar**
- **Baking powder or baking soda can be used instead of yeast**



Yeast-free Meal ideas

BREAKFASTS

Poached, boiled or scrambled egg on soda bread ● Pancakes with bananas and yoghurt ● Home-made muesli with milk or yoghurt and fresh fruits ● Plain omelette with tomatoes and soda bread ● Baked beans on yeast-free toast (eg *Sunnyvale*)
Fruit salad with mixture of nuts, seeds or millet flakes ● Natural or Greek yoghurt with nuts, fruit, seeds or honey ● Rice cakes or crackers with cashew nut spread, sesame spread or sugar-free jam (eg *Kallo rice cakes*) ● Porridge oats (eg *Nairns* gluten-free) with skimmed milk, and chopped fresh fruit such as bananas, raspberries and blueberries ● Toast using home-made bread (made with baking powder) and cashew nut butter ● Pancakes with raspberries and blueberries and natural bioyoghurt ● Porridge Flakes (eg *Barkat*) with strawberries, milk or natural bio yoghurt ● Chocolate Pops (eg *Hale and Hearty*) with skimmed milk and sliced bananas ● Multigrain O's with quinoa (eg *Orgran*) with milk or natural bio yoghurt ●

LUNCHES

Home-made soup with yeast-free bread (eg home bread made with baking powder)
● Jacket potato and salad with a filling such as cheese, beans, tuna, prawns or sweetcorn ● Sardines, mackerel or pilchards with yeast-free crackers (eg *Ryvita*) ● Rice noodles (eg *Clearspring*, *Orgran*) and stir-fry vegetables ● Beans on toast made from hemp sprouted bread (eg *Sunnyvale*) ● Rice-cakes with cheese, tomato, hummus or nut spread ● Greek salad with feta cheese ● Rice or quinoa salad with sultanas, almonds, walnuts, cashew nuts, sunflower seeds, or sesame seeds ● Prawn mayonnaise open sandwich on sourdough bread (eg *Sunnyvale*) with rocket leaves and cucumber ● Yeast-free pizza and mixed salad (see recipes) ● Homemade pizza with polenta base and green salad ● Corn or buckwheat pasta (eg *Orgran*, *Dietary Specials*) salad with chicken, mayonnaise, sweetcorn and mixed green leaves ●

DINNERS

Broccoli and cauliflower cheese with a jacket potato and mixed salad ● Cod coated in yeast-free batter (eg *Barkat*) with oven chips and peas ● Fresh grilled sardines and green salad ● Stir-fry vegetables with chicken, nuts, beans or *Quorn* with rice or rice noodles (eg *Clearspring*, *Orgran*) ● Chicken curry with chapatis ● Poached salmon with new potatoes, broccoli, green beans ● Corn tacos with mince or beans with sour cream, guacamole and a salad ● Chilli con carne with brown rice or rice noodles ● Vegetable casserole (with lentils, carrots, onions, celery, tomatoes), boiled potatoes and green leafy vegetables ● Spaghetti bolognese with wholewheat or spelt pasta ● Corn pasta (eg *Barkat*, *Orgran*) with tomato sauce, spring onions, sweetcorn, pine nuts and fresh herbs ● Cod with yeast-free breadcrumbs (from home-made bread made with baking powder; or Irish soda bread; or crushed corn-flakes) with new potatoes and vegetables ● Roast beef and Yorkshire pudding (eg *Barkat Batter mix*) and vegetables ●

SNACKS

Fresh fruit such as strawberries, bananas, blueberries, raspberries ● Freshly cracked nuts and seeds ● Raw vegetable crudites with hummus, taramasalata or guacamole ● Poppadoms (made from lentil, chickpea, gram or potato flour), with dips ● Low-fat 'live' yoghurt (eg *Activia*) ● Rice cakes (eg *Kallo*, *Biona*) with sliced bananas, cottage cheese, sesame spread, cashew nut or sugar-free jam ● Rye crispbreads (eg *Ryvita*) with topping as for rice cakes ● Low-sugar muesli bars (eg *Doves*, *Lyme Regis*) ● Savoury snacks such as rice crackers, tortillas, potato crisps (eg *Clearspring*, *Whole earth*, *Biona*) ● Corn chips or poppadoms made from dhal flour ● Scones, biscuits, cakes made with reduced sugar ● Raisin sprouted wheat bread with butter (eg *Sunnyvale*) ●

Yeast-free Recipes

Sweet Potato Bread

This wheat-, egg-, dairy-, yeast-free recipe uses flaxseed as a binding ingredient as an alternative to eggs. The natural sweetness of the sweet potato makes the maple syrup optional.

Ingredients:

- 1 medium sweet potato
- 2 tbsp flaxseed, ground, or 2 eggs
- $\frac{2}{3}$ cup water
- $\frac{1}{4}$ cup maple syrup (optional)
- $\frac{1}{4}$ cup safflower oil
- $\frac{1}{2}$ cup water
- 1 cup rice flour
- $1\frac{1}{2}$ cup barley flour
- 1 tsp baking soda
- 1 tsp yeast free baking powder
(eg Allergycare)
- $1\frac{1}{2}$ tsp ground cinnamon
- 1 tsp sea salt

NB 1 cup = 250 mls

Preparation:

1. Bake the sweet potato in a preheated 205°C/400°F/Gas mark 6 oven for 30 to 35 minutes, or until tender. Let cool, remove the flesh from the skin, mash the flesh, and set aside.
2. Preheat the oven to 175°C/350°F/Gas Mark 4.
3. Boil the flaxseed in $\frac{2}{3}$ cup water for 3 to 5 minutes, or until it is the consistency of egg whites (omit this step if using eggs).
4. Cream the flaxseed mixture or eggs with the maple syrup and oil in a large bowl until smooth and creamy.
5. Add the sweet potato and $\frac{1}{2}$ cup water to the flaxseed or egg and maple syrup mixture. Blend well.
6. Sift together the remaining ingredients and add to the liquid mixture. Stir just enough to blend the ingredients (mixing too long will make the batter too thick).
7. Pour the mixture into an oiled and floured 9-by-5-inch loaf pan and bake for 45 minutes. The bread is done when a knife inserted into the centre comes out clean.

Variations:

- Use yams, mashed potatoes, pumpkin, or pureed fruit instead of sweet potato and eliminate the $\frac{1}{2}$ cup added water
- Eliminate the maple syrup and use $\frac{1}{2}$ cup fruit juice in place of the $\frac{1}{2}$ cup water
- Substitute millet flour for rice flour

Makes one 23 x 12 cm / 9 x 5 inch loaf



Yeast-free Pizza

Ingredients:

- ½ cup cornstarch
- ½ cup rice flour
- ¾ cup milk or milk substitution
- 2 eggs
- 1 teaspoon salt
- 1 tablespoons Italian spices
- Dash of garlic powder or salt

Preparation:

1. Mix gently, do not over-beat. Pour batter into greased pizza pan. Bake at 200°C/400°F/Gas mark 7 for 20 minutes.
2. For crispier crust, brush top with oil and bake five additional minutes. Add sauce and bake or freeze for future use.
3. Option: Cook on top of stove in a small frying pan like a crepe. Use medium-low heat, cook until set, do not brown.

Soda Bread

Ingredients:

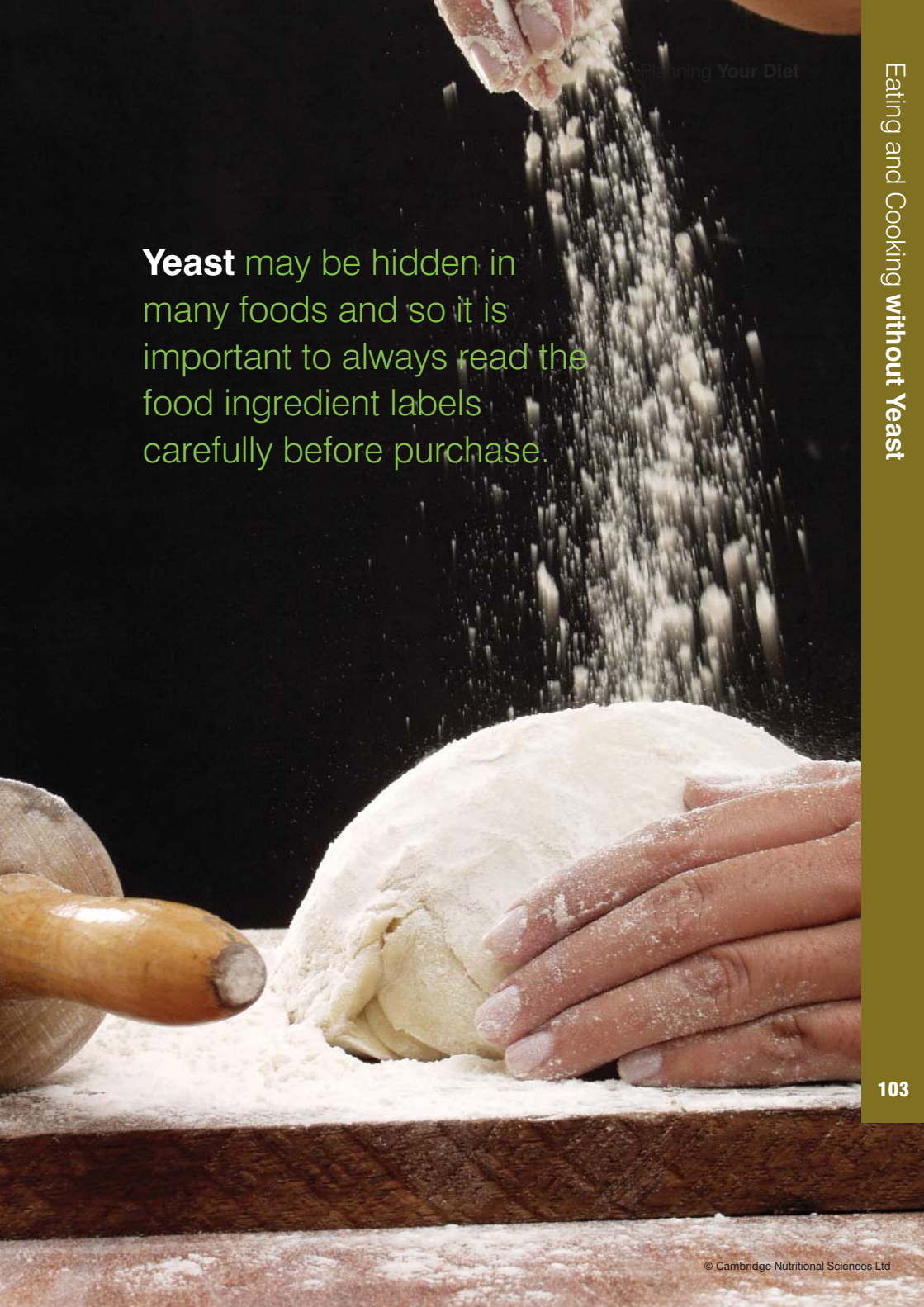
- 80g/3oz potato flour
- 60g/2oz gram flour
- 150g/5½ oz rice flour
- 25g/1oz butter (chilled)
- 1 egg, beaten
- 75 ml sugar-free soya milk
- ½ tsp salt
- 1 tsp bicarbonate of soda

Preparation:

1. Preheat the oven to 200°C/400°F/Gas mark 6.
2. Lightly grease a baking tray with butter.
3. Sift potato flour, gram flour and rice flour into a large mixing bowl and stir in salt and bicarbonate of soda.
4. Cut chilled butter into small cubes and using cold finger-tips rub into the flours until the mixture resembles fine breadcrumbs.
5. Make a well in the centre and pour in egg and soya milk.
6. Mix well with a wooden spoon until all the ingredients are well combined, then bring together with your hands to form a ball of dough.
7. Turn the dough out onto a surface dusted with rice flour and knead briefly, ensuring there are no lumps. Shape into a flattened round and place onto prepared baking tray.
8. Cut a cross about 1cm deep on the top.
9. Bake in a hot oven for 30-35 minutes until it is lightly browned and risen and sounds hollow when tapped on the base. Transfer to a wire rack and leave to cool completely before serving.



Yeast may be hidden in many foods and so it is important to always read the food ingredient labels carefully before purchase.



Grocery List for Yeast-Free Diet

Many foods contain **Yeast** so it is always important to read the ingredient labels carefully before purchase

Fruit and Vegetables

Lettuce / Mixed leaves
 Tomatoes
 Avocado
 Radish
 Beetroot
 Onions
 Cabbage
 Green beans
 Peas
 Sweetcorn
 Broccoli
 Cauliflower
 Garlic
 Carrots
 Ginger
 Cinnamon
 Rosemary
 Oregano

The following may be eaten in moderation:

Oranges / Satsumas
 Strawberries
 Raspberries
 Blueberries
 Bananas
 Apricots
 Frozen fruit

Meat, Fish, Eggs and Alternatives

Chicken
 Turkey
 Beef (occasional)
 Wild game
 Fresh fish – cod, haddock, tuna, salmon, mackerel, trout
 Tinned fish – pilchards, salmon, sardines, tuna (occasionally)
 Prawns
 Eggs
 Tofu

Beans and Pulses

Kidney/haricot/pinto/cannellini/ aduki/black-eye/butter beans
 Mixed organic beans (tinned is fine)
 Chickpeas (add to soups & salads)
 Lentils (mix with rice)

Dairy and Dairy Alternatives

Milk – skimmed, semi-skimmed
 unsweetened almond, rice, coconut and oat milk
 Soya milk & unsweetened yoghurts
 Butter
 Cottage cheese
 Feta
 Goat / Sheep milk
 Natural bioyoghurt
 Organic Spread (eg Pure, Biona)

Rice and Pasta

Wholewheat or spelt pasta
 Basmati or brown rice
 Buckwheat pasta (eg Orgran)
 Brown rice pasta
 Brown rice spaghetti (eg Waitrose)
 Rice or buckwheat noodles
 Quinoa
 Corn Pasta (eg Biona)

Bread and Snacks

Home-made breads (with baking powder/soda for leavening)
 Irish soda bread
 Yeast-free bread (eg Sunnysvale)
 Crispbreads (eg Orgran)
 Chapatis
 Corn/ flour tortillas
 Oatcakes (eg Nairns)
 Rice Cakes (eg Biona, Kallo)
 Ryvita – seeded or plain
 Multigrain Corn Thins (eg Realfoods)
 Matzos
 Muffins
 Pancakes / Crepes

Snacks

Dips – hummus, guacamole
 Freshly cracked nuts – brazils, almonds, cashew, pecans, walnut
 Raw seeds – pumpkin, sunflower sesame, flax/linseed
 Dressings – mayonnaise, olive oil & lemon juice

Breakfast cereals

Homemade muesli (oats, rye and barley flakes, buckwheat flakes, rice flakes, flaked coconut, pumpkin & sunflower seeds)
 Porridge or millet (warmed with milk)
 Oatibix (unsweetened)
 Quinoa cereals (eg Orgran)
 Amaranth flakes (eg Essential Trading)

Drinks

WATER
 Herbal teas – peppermint, fruit tea
 Rooibosch
 Freshly squeezed fruit juice in moderation

Other

Ideally avoid alcohol but low yeast alcoholic drinks include gin, vodka and champagne
 Baking powder (eg Allergycare)
 Gravy Powder (eg Allergycare)
 Stock cubes (eg Kallo)

