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## **Bakers/Brewer's Yeast-Containing Foods to Avoid** **Crohn's Disease and Ulcerative Colitis Diet**

Leavened breads, rolls, pretzels, pastries, cookies, sweet rolls, etc. (pitas, tortillas, and other flat breads are ok, as are most sweet breads like zucchini bread). Bread products that must raise or that say they contain yeast on the label.

Brewer's yeast (also called nutritional yeast) any anything that contains it

Beer, wine, and all other alcoholic beverages

Vitamin and mineral supplements unless specifically labeled "yeast-free."

Vinegar or anything containing vinegar (mustard, salad dressings, pickled foods, sauces, mayonnaise)

Many commercial and processed foods

Miscellaneous fermented foods (soy sauce, shoyu, ciders, olives, sauerkraut, kimchee, some root beers, tempeh, miso, tamari)—question anything that tastes acidic.

Aged, ripened cheeses

Probiotics containing *Saccharomyces boulardii*

**Read labels** carefully as brewer's/baker's yeast can show up in anything. Also remember you can ask any restaurant what is in any dish you are eating to find out—and you have to be pretty specific, usually to the point of asking the chef. Vinegar is very common and easy to miss.

**Note:** This is not a fungus-free or "candida" diet, only a diet to avoid the *Saccharomyces* genus. This is not because of an infection with these yeast but because of an immunological intolerance.

Last updated 30 October 2004.