

Dr. *Nancy* BECKER

EARS, NOSE & THROAT ● ALLERGY THERAPY ● FACIAL PLASTIC SURGERY

1427 Jefferson, Suite 101, Enumclaw, WA 98022 ● Office: 360.825.4466 ● Fax: 360.825.2064 ● www.drnancybecker.com

YEAST

1. No dried fruits, dates, raisins, or prunes.
2. No dried meat jerky, cheese, sour cream, or yogurt.
3. No citrus fruits, canned, frozen, or from concentrate.
4. No oatmeal, barley cereals, commercial dry cereals except puffed rice, cream of rice, puffed millet, or pure millet.
5. No leavened products.
6. No commercial breads or pastries.
7. No commercial gravies, soups, or sauces.
8. No vinegar or vinegar products.
9. No pickles, ketchup, mustard, olives, or salad dressing.
10. No colas.
11. No candies except for hard candy, if not allergic to corn.
12. No potato chips unless they contain natural kinds of sea salt.
13. Substitute ¼ tsp Cream of Tartar and ¼ tsp Baking Soda for 1 tsp of Baking Powder.
14. No tea.
15. No crackers, pretzels, cookies, hamburger or hot dogs buns, cakes, biscuits, rolls, or self-rising bread.
16. No meat fired in breadcrumbs or milk fortified with vitamins.
17. No vitamins unless yeast free.
18. No sauerkraut, mince pie, condiments, mayonnaise, horseradish, barbecue sauce, tomato sauce, chili peppers or baby cereals.
19. No whiskey, wine, brandy, gin, rum, vodka, tequila, bourbon, rye, scotch, beer, no alcohols, root beer, ale, ginger ale, or malt beverages.
20. No cheeses.
21. No malt products, including cereals, candy, and malted drinks.
22. No monosodium glutamate as it is a yeast derivative.
23. No citric acid as it is a yeast derivative.
24. No mushrooms, truffles, soy sauce, or black tea.