

## **YEAST-MOLDS-FERMENTS PAGE 1**

### **YEAST**

You may diagnose yourself with a food allergy by eliminating suspected foods from the diet for several weeks. If the symptoms ease, foods are reintroduced individually on a rotary diversified diet schedule. This process is very difficult, but the results are well worth it. To begin your elimination diet, foods made with yeast (leavening), molds (fungi), and ferments (process of souring, fermentation, hydrolysis) must be avoided in all forms. Speak to your physician about other ways to test for food allergies.

### **SOURCES**

1. Substances which contain yeast, molds or ferments as basic ingredients:
  - a) ALL RAISED DOUGHS: Breads, buns, prepared "ice box" or frozen breads, buns, biscuits and tolls.
  - b) ALL VINEGARS: apple, distilled, wine, grape, pear, etc. This includes all foods containing any vinegar, e.g., salad dressings, mayonnaise, pickles, catsup, sauerkraut, olives, most condiments, sauces such as barbecue, tomato, chili, green pepper sauces, mince pie preparations and many others.
  - c) ALL FERMENTED BEVERAGES: Beer, wine, champagne, whiskies, rum, brandies, tequila, root beer, ginger ales, as well as all substances which contain alcohol, e.g., extracts, tinctures, cough syrups and other medications.
  - d) ALL CHEESES: Including fermented dairy products, cottage cheese, natural, blended and pasteurized cheeses, yogurt, buttermilk and sour cream.
  - e) ALL MALTED PRODUCTS: Milk drinks which have been malted, cereals and candies which have been malted.
  - f) FERMENTS & MOLDS: such as soy sauce, truffles, mushrooms.
  - g) ANTIBIOTICS: Penicillin and all the synthetic derivatives (Ampicillin, Penicillin V&G, Methicillin, Amoxicillin, Carbencillin and many other "illins". "Mycin" drugs and related compounds, such as Erythromycin, Streptomycin, Chloromphenicol, Tetracyclines and related derivatives: All the cephalosporin derivatives, Lincocin and all others derived from molds and mold cultures.)
  - h) VITAMINS: B, B Complex and multiple vitamins containing B Complex. Products containing B<sub>6</sub>, B<sub>12</sub>, irradiated ergosterol (Vitamin D).
  - i) All products containing Brewer's yeast or derivatives.
2. Substances which contain yeast or mold derivatives:
  - a) FLOURS which have been *enriched*.
  - b) MILK which is *enriched* or *fortified* with vitamins.
  - c) CEREALS *fortified* with added vitamins, i.e., thiamin, niacin, riboflavin, etc.
3. Substances which may contain molds as allowed contaminants commercially:
  - a) Fruit juices, canned or frozen. In preparation the whole fruit is used, some of which may be moldy but not sufficient to be considered spoiled.

**Yoon Nofsinger, M.D.**  
**501 S Ryan Street, Lake Charles, LA 70601, 337 312 8563**

## **YEAST-MOLDS-FERMENTS PAGE 2**

b) **DRIED FRUITS:** prunes, raisins, dates, figs, apricots, etc. Again, some batches may be mold-free but others will have commercially acceptable amounts of mold on the fruit while drying.

### **ALTERNATIVES:**

Some health food stores may carry stone ground, non-enriched flours.

Nonfortified Cereals.

Freshly squeezed orange juice at home.