

HIGHLY RECOMMENDED: Cookbook DVD available here---this will make it much easier to follow the diet and gives you many recipe options viewable on your computer.

Diet to balance intestinal flora.....YEAST AND SWEETENING FREE:

To assist in the restoration of normal flora in the body, avoidance of certain foods for a period of time is essential. These include all sweetening, juice (no fruit juice, vegetable juice is ok if less than 1/2 carrot juice), dried fruit, vinegar, alcohol, fermented soy products (miso, tempeh, soy sauce), cheese and yeast (so any breads, pizza, etc. leavened with yeast are out), *plus* your own sensitivities that the doctor found during the exam. These pages have some ideas you can tailor to meet your specific needs.

If you have other food sensitivities that we have discussed, you may not be able to use some of the foods below due to individual restrictions that we will talk about (so, the items below are ok for the general diet, but may not be ok for you if we find you are sensitive to a particular item). For example, if you are gluten/gliadin sensitive, you cannot use oats, rye, barley, etc. even though they are ok on the general diet.

I encourage you to make your food at home for at least the initial 3 weeks of the diet as it is possible to react to so many different additives, etc. when eating out and you can never be certain of the ingredients. However, I did provide some restaurant ideas towards the end if you need to eat out---Again I would hold off on that until after 3 weeks if possible.

Grains, Yeast Free:

Think whole grains: Oats, millet, teff, quinoa, rice, barley, wheat, rye, buckwheat, etc
Pasta: Look for the whole grain variety.

SWEETENING FREE SUBSTITUTES:

Fresh fruit: We do not limit fresh fruit.

Substitutes: Cooked carrots, sweet potatoes, carob powder, cinnamon, bananas, apples and other fruits can be used to help sweeten muffins, biscuits, and some sauces.

Toppings for Biscuits, Waffles or Cereal: Mashed banana, plain or with another fruit like strawberries makes a good sauce. Unsweetened applesauce, plain or with other fruit added, is a nice spread on sourdough bread, pancakes or waffles. Try blended banana and water for a creamy milk over unsweetened cereal or add some cashews or other nuts to add protein and fat.

Meats: Many meats are cured or processed with sugar. Buy unprocessed meats and cook from scratch. READ LABELS

Milks: If you are not sensitive to regular milk it may be used as can unsweetened soy, almond, coconut and rice milk. Read labels.

FERMENTED FOODS ALTERNATIVES

Lemon Juice: replacement for vinegar

Braggs Liquid Amino: a non-fermented sauce made entirely from soy beans to replace soy sauce which is fermented

Pickles: Bubbies, Hebrew National, and several other varieties which are genuine kosher are vinegar free, in a salt brine.

TIPS:

Think whole foods

Think simple

Sit down and write out a 4-6 day meal plan: E.g. Breakfast: oatmeal and fresh or cooked fruit. Lunch: split pea soup/raw veggies/crackers or corn chips. Dinner: fish or seasoned beans/salad/cooked rice. Baked apple for dessert.

try and make things from scratch

Drink lots of water. Grapefruit, tomato, and lemon juice are allowed if not allergic.

SUGAR: all to be avoided. These include:

Sucrose, raw sugar, sucanat, agave, brown sugar, invert sugar, corn syrup, fructose (except natural fructose in fruit), dextrose, maple syrup, molasses, barley malt, date sugar, fruit juice concentrates.

SUGAR SUBSTITUTES:

Sorbitol, Mannitol, Maltitol, Xylitol: Sugar alcohols derived from sugar molecules.

Though they may be used in place of sugar by most people on a low-carbohydrate diet or who have diabetes, it is best to avoid at this time as they may act as "trigger foods," causing sugar cravings or binges. Over-consumption may produce a laxative effect.

Stevia is allowable on anti-fungal diets as are artificial sweeteners though not recommended.

Specific product you could try if you need some ready made items:

1. New Cascadia bakery in SE Portland makes a yeast-free sourdough (Their ingredients change from time to time so ask to see the ingredient list before purchasing to confirm its yeast and sweetening free)
2. Brown Rice tortillas (yeast-free) made by "Food for Life" or Trader Joes brand
3. Mochi –available at new seasons or Whole Foods---plain variety does not have sugar. Can eat wit some coconut cream, almond butter, cashew butter, etc.
4. Nut butters: all varieties ok as long as no added sugar (almond, cashew, peanut if not mold-sensitive, etc)
5. Let's Do Organic unsweetened coconut cream (can melt and put on mochi, fruit, etc for a dessert): Whole Foods and New Seasons

6. Frozen fruit: example is frozen banana + blend with ice cubes, unsweetened milk (regular milk, almond milk, coconut milk, etc), shredded coconut and ginger. Can use the unsweetened chocolate almond milk as an option.
7. Many gluten-free pastas now available as well as many ready-made tomato based sauces without added sweetening.
8. Crackers: WASA Lite Rye lists no yeast or sugar as does Ryvita Toasted Sesame.
9. Corn Tortillas: Read ingredients
10. Puffed Cereals: This is a nice variety of grains (corn, millet, wheat, rice, Kasha blend, quinoa, etc) that can be found in natural food stores and used as a breakfast cereal.
11. Brown Rice Snaps: Edward and Sons and Sesmark are two varieties. Check natural food stores but read labels to make sure there is no soy sauce or miso listed.
12. Corn Chips: Many varieties without yeast. You can also brush corn tortillas with salt water, cut and bake at 300 degrees till crisp.
13. Milk: if dairy sensitive, try coconut, almond, etc. varieties. Make sure unsweetened.
14. Any variety of nuts, raw or roasted (raw better for you) as long as no sugar/yeast
15. Essene Bread: may be ok. Some do contain dried fruit and must be avoided.
16. Eating out: Some local restaurants that have some dishes that you may be ok with depending on your sensitivities(just ask them regarding YOUR food sensitivities):
 - a. Pho Jasmine: Vietnamese
 - b. Pho Van and Silk: Vietnamese
 - c. E-San Thai: Thai
 - d. Indian restaurants (Chennai Masala, Curry Leaf, etc.)
 - e. Japanese restaurants (Koji, many others----can get chicken “yakatori” cooked with salt instead of Teriyaki sauce or anything “yakatori” style may be ok)
 - f. Chipotle and Baja Fresh (burrito “bowl”), Qdoba, Cha-Cha Taqueira
 - g. Prasad (vegetarian, many vegan/Gluten free items and great fruit smoothies)
 - h. Beta Lukas---Ethiopian
 - i. Corbetts fish house: Gluten free fish and chips (chicken strips have dairy)
 - j. Dick’s Kitchen
 - k. Isabel Pearl

sugar-free Dessert Recipes to try at Home:

Carob Almond Stevia Cake (gluten, caffeine/chocolate, egg, dairy and sugar free)

In a blender grind:

1 T flax

Add to the blender:

° c unsweetened coconut milk (or other unsweetened milk like almond milk or regular milk if you are not dairy sensitive)

° c water

2 ripe bananas

1/8 t salt

Blend and let sit for 10-15 minutes

In a bowl:

1/2 c sorghum, chestnut, or teff flour (comes out well with sorghum flour)

1/2 c almond flour OR 1 cup of walnuts ground up in blender or food processor

1/3 c carob flour

1/2 tsp baking soda

2 packets stevia

°1/4 c oil (can use coconut oil)

1 tsp lemon juice

Mix well.

Add liquid to dry and spoon into a prepared medium baking pan.

Bake 375 for 20 minutes

GLUTEN-FREE/DAIRY-FREE/SUGAR-FREE MUFFINS:

1/2 cup almond butter OR peanut butter OR 2 tbsp coconut oil (warm up first)

2 c applesauce OR 2-3 mashed ripe bananas

1/2 tsp salt

1 tsp cinnamon

1/4 tsp nutmeg

1/2 tsp baking soda

1-2 tsp baking powder (skip the baking powder if you are corn sensitive)

1 c blueberries (fresh/frozen)

2 c sorghum flour OR 1 c sorghum flour + 1 c coconut flour

1 egg white (optional binder)

xylitol/stevia (optional sweetener---add to taste)

blend applesauce and almond butter (or peanut butter or coconut oil) together

add rest of ingredients

bake at 375 degrees, for around 25-30 minutes