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Environmental and Complementary Medicine

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For Appointments

Bath

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SUGAR AND YEAST FREE DIET

FOODS TO AVOID ALTERNATIVES

Sugar, glucose, glucose syrup, Alternative sweeteners, eg Sweetex, dextrose, sucrose, treacle, cane Hermasetas, Canderel, Natrena. Available in

sugar, beet sugar. powder or liquid form. Fructose (limited amount). Honey (limited amount) - Wild Organic, Mexican, Chinese.

Yeast of all kinds-fresh, brewers Baking powder or bicarbonate of soda may be used for cooking. dried, compressed, instant, Cream of Tartar.

BREAD/CAKES

Breads, Rolls, Croissants, Pitta Bread Soda Bread/Soda Farls from M & S and

some enriched doughs, eg teacakes some bakeries (may contain buttermilk

doughnuts, scones-avoid shop bought which should be avoided). German brands. PUMPERNICKEL found in most

supermarkets and health food stores.

MANNA BREAD,

. Home made soda bread, cakes/scones made with sweeteners.

BISCUITS/CRACKERS

Malted biscuits, Ritz, Cheddars, etc
Sweet, chocolate coated or cream
OATCAKES.
filled biscuits.

RYVITA, MATZOS, RICE CAKES,
WHOLEMEAL CRISPBREAD,

CEREALS

Frosties, Sugar Puffs, Alpen, Toppas,
WHEAT,
Honey coated, malted cereals such as
MUESLI.

SHREDDED WHEAT, PUFFED
PORRIDGE OATS, HOMEMADE

Shreddies, Weetabix, Cornflakes, SOME FOOD STORES SELL SUGAR
FREE

Special K contain sugar. CEREALS.

PRESERVES/SPREADS

Jam, marmalade, honey, syrup, treacle
SPREAD

PEANUT BUTTER, PURE FRUIT

Lemon curd, chocolate spread. Yeast
Extract Spreads - Marmite, Vecon

(WAITROSE) WHOLE EARTH AND
MERIDIAN RANGES (From Health

Food
Yeastrel, Natex. stores and supermarkets).

Vinegars - all kinds, ketchups, pickles,
GARLIC

SALAD DRESSING - LEMON, OIL,

chutneys, sauerkraut, horse radish sauce,
mint sauce, mustard, salad dressings,

AND HERBS.

mayonnaise (some brands contain sugar
and yeast). Soy sauce.

DAIRY PRODUCE

All cheeses, Yoghurt, Buttermilk. LIVE YOGHURT AFTER FIRST
TWO WEEKS IS ACCEPTABLE.

FRUIT AND VEGETABLES

Mushrooms, Truffles, Fruit skins -
DAY -

MAXIMUM OF THREE FRUITS A

apples, pears. PEELED AND WASHED.
Dried fruit - currants, sultanas, raisins, AVOID FRUIT WHICH CAN NOT BE
apricots, figs, etc. WASHED LIKE BERRIES.

DRINKS

Malted drinks - Ovaltine, Horlicks. LOW CALORIE, SLIMLINE, DIET, SUGAR
Fizzy and squash drinks. Fruit juices FREE, ONE CALORIE, DIABETIC
with added sugar. Evaporated and SQUASHES AND FIZZY DRINKS.
condensed milk. Alcohol except spirits. IF UNAVOIDABLE - SPIRITS SUCH
AS GIN
OR WHISKEY ARE MORE ACCEPTABLE.

PUDDINGS/DESSERTS

Tinned puddings, eg Rice Pudding. WEIGHT WATCHERS NO ADDED
SUGAR
Instant desserts, eg Angel Delight. RICE PUDDING. SUGAR FREE
DESSERTS Pies and puddings containing sugar. - eg SUGAR FREE
ANGEL DELIGHT, Fruit Charlotte. CUSTARD, BIRD'S CUSTARD AND
LITE MOUSSE. USE A LOW CALORIE
SWEETENER AFTER COOKING eg MILK
PUDDING 'BERRYDALES' ICE CREAM - from
Health Food Stores.

OTHER PRODUCTS

Gravy mixes and stock cubes. MAGI STOCK BOTTLE (FROM HEALTH
FOOD STORES).
Vitamin B complex with yeast base.
Quorn (a fungal Muco protein).
Antibiotics and other drugs derived
from yeast cultures.

Monosodium Glutamate (MSG) E 621 Ask for it to be left out in
restaurants/take
present in Chinese Foods and always. Plain crisps or no additives.
flavoured crisps.