

Item	Foods Allowed	Foods Not Allowed
Vegetables	<ul style="list-style-type: none"> • Pure, fresh, frozen, canned vegetables and their juices (except those not allowed) 	<ul style="list-style-type: none"> • Fungi (mushrooms, truffles, morels) • Sauerkraut
Fruit	<ul style="list-style-type: none"> • Pure fresh, frozen, canned fruits and their juices, except those not allowed 	<ul style="list-style-type: none"> • Grapes, raisins, dried fruit
Salads	<ul style="list-style-type: none"> • Salads containing allowed ingredients 	<ul style="list-style-type: none"> • Salads containing ingredients not allowed
Grain Products	<ul style="list-style-type: none"> • Plain flours or grains not enriched with vitamins • Unleavened, no malted added, non-enriched flour added to bread, bun, pita, pizza dough • Non-enriched breakfast cereals, puffed rice, puffed wheat, oats, oatmeal • Rice crackers and cakes without yeast • Plain crackers without malt • Plain pasta 	<ul style="list-style-type: none"> • Flours, grains, cereals and crackers enriched with vitamins • Bread coating, crumbs, stuffing, bread pudding
Milk & Alternatives	<ul style="list-style-type: none"> • Milk and milk drinks without malt • Buttermilk, cream, sour cream, yogurt • Cottage cheese, ricotta cheese 	<ul style="list-style-type: none"> • All types of fermented cheese, feta cheese • Malted milk, sour milk
Meat & Alternatives	<ul style="list-style-type: none"> • Fresh, frozen, canned meat, poultry, fish prepared without bread crumbs • Eggs • Plain legumes • Plain nuts and seeds 	<ul style="list-style-type: none"> • Meat, poultry, fish prepared with bread crumbs • Hamburger patties not labeled 100% meat • Eggs Benedict with cheese sauce, omelette with cheese • Fermented legumes • Nuts and seeds containing ingredients to avoid
Soups	<ul style="list-style-type: none"> • Soups made with allowed ingredients 	<ul style="list-style-type: none"> • Soups made with foods not allowed (eg. Herbs with restricted ingredients)
Oils & Fats	<ul style="list-style-type: none"> • Butter, cream, margarine, shortening, pure vegetable oils, lard, meat drippings, gravy, salad dressing made with oil and lemon 	<ul style="list-style-type: none"> • Salad dressing with vinegar or fermented products
Desserts & Sweets	<ul style="list-style-type: none"> • Ice cream, sherbet 	<ul style="list-style-type: none"> • Malted sweeteners • Moldy jams, jelly, syrups

Item	Foods Allowed	Foods Not Allowed
	<ul style="list-style-type: none"> Sugar, honey, molasses, jams, jellies, sweet syrups 	<ul style="list-style-type: none"> Candies, candied fruits
Fluids	<ul style="list-style-type: none"> Fresh brewed coffee, tea from fresh herbs, mineral water Carbonated beverages except root beer 	<ul style="list-style-type: none"> Leftover coffee, all other teas Root beer Health drinks made with yeast
Miscellaneous	<ul style="list-style-type: none"> Fresh, frozen, dried herbs and spices 	<ul style="list-style-type: none"> Vinegar, all foods containing vinegar, fermented products such as soy sauce oriental sauces, pickles, ketchup, relish, Worcestershire sauce, HP sauce, BBQ sauce Herbs and spices containing restricted foods Marmite, Vegemite, other yeast containing spreads Brewer's yeast, baker's yeast, nutritional yeast

References:

- Dietitians of Canada - Practice Based Evidence in Nutrition (PEN)
- Dr. Janice Vickerstaff Joneja PhD, Yeast and Mould Allergies, 2014