

# YEAST

*Yeast is not just an issue when it comes to dealing with Candida/Yeast overgrowth. It can also be a problem with those with high levels of glutamate. Can play a big part in digestive and neurological symptoms, gut dysbiosis, lack of energy or hyperactivity.*

| COMMERCIAL   | HIDDEN                              | SUBSTITUTES  |
|--|-------------------------------------|--|
| Bread<br>Baked products<br>Muffins<br>Biscuits, pretzels<br>Vegemite | MSG<br>Hydrolyzed Vegetable Protein | 100% Sourdough ( <i>check labels as breads labelled sourdough often have added yeast</i> )<br>HEALTHY BAKE breads<br>ANCIENT GRAINS breads<br><br>Baking soda<br>Baking powder |

It might be useful to look at OXALATES as well, as high Oxalate diets can contribute to yeast problems.