

YEAST LIST

FUNCTIONAL MEDICINE Ltd.

Your health today and tomorrow

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Yeast Extract/Flavour Enhancers

- ✚ Bovril
- ✚ Marmite
- ✚ Miso
- ✚ Most stock cubes
- ✚ Most gravies
- ✚ Oxo
- ✚ Soy sauce
- ✚ Tamari
- ✚ Tabasco
- ✚ Vegemite
- ✚ Worcestershire sauce

Yeasted Breads and Baked Goods

- ✚ Bagels
- ✚ Bread
- ✚ Bread rolls
- ✚ Croissants
- ✚ Crumpets
- ✚ Muffins

Meat, Fish & Vegetable Proteins

- ✚ Corned beef
- ✚ Gravlax
- ✚ Tempeh
- ✚ Quorn

Fermented Milk Products

- ✚ Cheeses
- ✚ Kefir
- ✚ Kumis
- ✚ Labneh
- ✚ Viili

Beverages

- ✚ Black tea
- ✚ Cocoa
- ✚ Coffee
- ✚ Kombucha tea

Alcoholic Beverages

- ✚ Beer
- ✚ Cider
- ✚ Kvas
- ✚ Sake
- ✚ Vodka
- ✚ Wine
- ✚ Whisky

Others

- ✚ Chutneys containing vinegar
- ✚ Dressings containing vinegar
- ✚ Dried fruit
- ✚ Jam/Marmalade
(foods opened and stored for a long time)
- ✚ Olives
- ✚ Over-ripe fruit
- ✚ Pickles
- ✚ Some B-vitamin and selenium supplements (check labels)
- ✚ Vinegar

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