



Nutritional Healing

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Yeast-free diet.

Food group:	Permitted:	Not permitted:
Dairy.	Butter, margarine, mozzarella, feta, milk, yoghurt.	Yoghurt with fruit, aged cheeses, processed cheeses.
Grains.	Soda bread, cakes, waffles, pancakes, popovers, cookies, biscuits, barley, corn, oatmeal, grits, rice, pasta (check label), amaranth, buckwheat, quinoa.	Bread, sourdough bread, rolls, breakfast cereals, crackers (check label).
Meat.	All permitted.	
Vegetables.	All fresh vegetables, tofu (fresh), legumes (beans).	Mushrooms, olives, capers, tempeh.
Fruits.	Pineapple, avocado, banana, any fruit you can peel.	Berries, melons, prunes, dates, figs, raisins, cherries, fruit juices.
Nuts.	Almonds, almond butter, cashew, cashew butter, walnut, brazil, macadamia, filbert, pistachio, pecan, chestnut, water chestnut.	Peanuts, peanut butter.
Oils.	All permitted.	
Beverages.	Herb teas, mineral water, soda water.	Liquor, anything made from malt, beer, wine, cider, coffee.
Miscellaneous.	English mustard (made without vinegar), salad dressing made with oil and lemon juice.	Vinegar, catsup, mayonnaise, French mustard (made with vinegar), salad dressing made with vinegar, sweets, Chinese food).

*Information source - *Autism: Effective Biomedical Treatments*, by Jon B. Pangborn, Ph.D. and Sidney M. Baker, M.D.