

12 November 2013

## List of foods containing yeast

- Breads, pizza, pastries
- Yeast in Bovril, Marmite, stock cubes and gravies
- Fermented food and drink – beer, wine, cider, vinegar, soy sauce, dressings.
- Ripe cheeses
- Malted milk and drinks, and ginger ale
- Mushrooms, funghi
- Dried fruits
- Fruit juices
- Some nutritional supplements.

## Yeast substitutes

- Toasted sesame oil instead of soy sauce
- Champagne, tequila, gin and vodka
- Yeast-free breads
- Lemon juice instead of vinegar