COMMON SOURCES OF YEAST

The following foods contain yeast as an additive ingredient in the preparation (often called leavening).

- **BREADS**
- **CAKE & CAKE MIXES**
- **CANNED REFRIGERATOR BISCUITS:** Bordens, Pillsbury & General Mills
- **COOKIES**
- **CRACKERS**

- **FLOUR,** Enriched with vitamins from yeast: General Mills, Inc. Flour Corporation flour and enrichment products, Pfizer Laboratories enrichment products, Hungarian Flour Mills
- **HAMBURGER BUNS**
- **HOT DOG BUNS**
- **MILK,** fortified with vitamins
- **MEAT,** FISH or FOWL, fried in cracker crumbs
- **ROLLS,** homemade or canned
- **SALT RISING BREAD**

The following substances contain yeast or yeast-like substances because of their nature or nature of their manufacture or preparation.

- **BLACK TEA**
- **BUTTERMILK**
- **MUSHROOMS**
- **SOUR CREAM**
- **SOY SAUCE**
- **TRUFFLES**

- **CHEESE** OF ALL KINDS, including COTTAGE CHEESE
- **CITRIC ACID** – almost always a yeast derivative
- **CITRUS FRUIT JUICES,** of all types, whether frozen or canned – only home squeezed are yeast-free
- **DRIED FRUITES,** of all types (prunes, raisins, dates, etc.)
- **FERMENTED BEVERAGES** OF ALL TYPES: Beer, brandy, gin, rum, whiskey, wine, vodka, root beer, ginger ale
- **Malted Products** OF ALL TYPES: Cereals, candy or milk drinks, which have been malted
- **MONOSODIUM GLUTAMATE,** may be a yeast derivative
- **VINEGARS** of all types: apple pear, grape and distilled – these may be used as such or they will be used in the following foods: all baby cereals, BBQ sauce, ketchup, condiments, chili and peppers, etc. French dressing, horse-radish, mayonnaise, mince pie, olives, pickles, salad dressing, sauerkraut, tomato sauce.

The following contain substances that are derived from yeast or have their source from yeast.

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<th>ANTIBIOTICS: B-12, Chloromycetin, Lincocin, Mycin drugs, Penicillin, Tetracyclines, and others derived from mold cultures. MULTIVITAMINS and vitamin B capsules if made from yeast U.S. vitamin products Citric acid Endo’s vitamin products Laxo-Funk Lilly’s vitamin products which contain vitamin B-12 Lederle’s vitamin products Manibee tablets, S.C.T.</th>
<th>Massengill vitamins Mead Johnson’s vitamins which contain B-12 Merck Sharp &amp; Dohme vitamin products which contain B-12 Parke Davis’s vitamin products if indicated on label Vi-Litron Drops Dormison rest capsules Zylax, Zymelose, Zymenol</th>
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*Be sure to read labels. Additions may be found to this list.*

From: *Yeast: A Brief Description of Common Sources of Contacts of Yeast*, compiled by Dr. Brown, Jr., M.D. with additions by Edward J. Binkley, Jr., M.D.