

# The Balanced Body Center Diabetic Diet

## YEAST ELIMINATION DIET – PHASE 1 – NO SUGAR

### VEGETABLES

Alfalfa Sprouts	Lettuce: Salad Bowl
Artichoke, Chinese	Mung Bean Sprouts
Asparagus	Okra
Bamboo Sprouts	Onion
Banana Pepper	Parsnip
Bavarian Endive (escarole)	Pumpkin
Bean Sprouts	Radish
Beet Greens	Rape
Bell Pepper (sweet green)	Red Sweet Pepper
Bok Choy	Savoy
Broccoli	Sea Kale
Cabbage Kraut	Shallot
Cardoon	Spinach
Carrot	Squash: Acorn
Cauliflower	Squash: Alligator
Celeriac (celery root, knob)	Squash: Banana
Celery Cabbage	Squash: Boston Marrow
Chayote	Squash: Bush
Chinese Cabbage (PeTsai)	Squash: Buttercup
Collard Greens	Squash: Butternut
Cucumber	Squash: Caserta
Curly Cress	Squash: Cheese
Curly Endive (chicory)	Squash: Cocozelle
Dandelion Greens	Squash: Connecticut Field
Dulse	Squash: Crookneck
Eggplant	Squash: Cushaw
Endive	Squash: Delicious
Garden Cress	Squash: Golden Nugget
Garlic	Squash: Hubbard varieties
Gherkin	Squash: Mammoth
Head Cabbage (green, red)	Squash: Melopepo
Jalapeno Pepper	Squash: Mirliton
Jicama	Squash: Pattypam
Kale	Squash: Pumpkin
Kelp (seaweed)	Squash: Queensland Blue
Kohlrabi	Squash: Quaker Pie
Lamb's Quarters	Squash: Small Sugar
Leek	Squash: Spaghetti
Lettuce: Arugula	Squash: Straightneck
Lettuce: Bibb	Squash: Table Queen
Lettuce: Boston	Squash: Turban
Lettuce: Butterhead	Squash: Vegetable Spaghetti
Lettuce: Butterscotch	Squash: Virginia Mammoth
Lettuce: Celtuce (stem)	Squash: Whitebush Scallop
Lettuce: Iceberg (crisphead)	Squash: Zucchini
Lettuce: Lamb's	String Bean
Lettuce: Loose-Leaf	Swiss Chard
Lettuce: Matchless	Turnip Greens
Lettuce: Oakleaf (green, bronze)	Upland Cress
Lettuce: Prizehead	Watercress
Lettuce: Red-leaf Chicory	Watery Celery
Lettuce: Roguette	Whitloof
Lettuce: Romaine (Cos)	Yucca

### HERBS & SPICES

Allspice  
Althea Root (tea)  
Angelica  
Anise  
Apple Mint  
Balm  
Basil  
Bergamot  
Boneset (tea)  
Borage  
Burdock root (tea)  
Burnet (cucumber flavor)  
Caraway  
Cardamom  
Chicory  
Chive  
Clove  
Comfrey (tea)  
Coriander  
Cumin  
Dill  
Dittany  
East Indian Arrowroot  
Fenugreek  
Ginger  
Ginseng (tea)  
Goldenrod (tea)  
Hibiscus (roselle, tea)  
Horehound  
Horseradish  
Lavender  
Lemon Balm (melissa)  
Licorice  
Lovage  
Mace  
Marjoram  
Menthol  
Mint  
Nutmeg  
Oregano  
Paprika  
Parsley  
Peppercorns (black, white)  
Peppermint  
Pimiento  
Rosemary  
Saffron  
Sage  
Savory  
Sorrel (dock)  
Spearmint  
Tarragon  
Thyme  
Turmeric  
Vanilla (bean, extract)

### MISCELLANEOUS

Agar-agar  
Aloe Vera  
Carrageen (Irish Moss)  
Green Tea  
Ground Cherry  
Guava  
Herbal Teas  
Pepino (melon pear)  
Rhubarb  
Safflower Oil  
Salt (table or sea salt)  
Sunflower (seed, oil, or meal)  
Tamarind

### ANIMAL PRODUCTS

Beef  
Eggs  
Fish, any variety (shellfish, amphibian)  
Game  
Lamb  
Mutton  
Pork

### MILK PRODUCTS

Butter  
Casein (protein)  
Yogurt (live culture, no fruit)