



Here's an SEO-optimized blog post for a women's consumer healthcare brand. Please note, I've redacted the identifying information, links, and call to action.

5 Foods to Avoid to Steer Clear of Yeast Infections

Say goodbye to discomfort with these simple nutritional tips.

When it comes to vaginal health, we've heard it all. We know to wear clean, cotton undies. We shower and change after exercising. We wipe from front to back. Yet for some, the itchy, burning sensation that accompanies a yeast infection is all too familiar.

In this heat, you don't need another reason to feel uncomfortable. We can't control Mother Nature, but the old adage lives on: *You are what you eat*. Follow these five nutritional tips to curb discomfort and find your balance, at last.

1. **Alcohol** – Avoid yeast in your diet, avoid vaginal yeast infections. It may sound too easy, but simplicity reigns! Eliminating yeast-fermented alcoholic drinks can help repair your natural pH levels.
2. **Sugar** – Yeast feeds on sugar, whether that's cane sugar, honey, or artificial sweeteners. So when you're slumping at 3 p.m., don't reach for the candy jar. Try a handful of nuts instead and fuel your body, not that yeast.
3. **Saturated Fat** – Do you feel bloated and belchy after eating rich foods or red meat? When your stomach's out of whack, your other systems react. Pay attention to your body and its natural rhythms to bolster your immune system. Opt for healthy, lean fats and protein like avocado, eggs, and nuts.
4. **Fruit** – Fruit seems like a healthy choice, but those bright, juicy goodies often mask high sugar content. Avoid sugar-rich fruits like banana, apples, mango, and cherries and stick to berries: cranberries, raspberries, blackberries, blueberries, and strawberries.
5. **Gluten** – Many sufferers of chronic yeast infections are also gluten sensitive or intolerant. Too much white flour and processed wheat products can disrupt your digestion, leading to an outcrop of unwanted yeast. Unless you've been tested and have a true allergy, it's not necessary to hop on the Gluten-free train and cut it out entirely. Instead, pay attention to how your body reacts to gluten, and swap in veggies or rice when you can.

If you're suffering from chronic yeast infections, remember: eating well leads to wellness. You don't have to give up your favorites to stay fresh. Aim for a variety of nutrient-rich foods, and remember to allow yourself plenty of downtime. Stress spells trouble, both for the sweet tooth and immune system.