

Recommended Candida Diet

Vegetables

Acceptable: All fresh or frozen vegetables, raw or lightly steamed. Be sure to include dark green leafy vegetables.

Limit: canned vegetables

Avoid: potatoes, corn, vegetables pickled with white vinegar

Protein and Dairy

Acceptable: beef, chicken, fish, turkey, buffalo, lamb, game birds, veal (organic, lean, hormone-free, free range meats are the best), eggs, milk substitutes: almond, soy or rice milk are okay if unprocessed and unsweetened

Limit: pork (eat only uncured, un-smoked, and un-sweetened)

Avoid: processed, pickled, smoked and cured meat, fish and poultry products (hot dogs, sausages, bacon, bologna, spam, smoked fish, ham, smoked fish...)

Dairy: cheese, yoghurt, aged or fresh, milk and milk substitutes, cottage cheese, sour cream

Grains and Seeds

Acceptable: brown rice (preferred organic), buckwheat, all unprocessed nuts and seeds

Limit: Millet, Amaranth, Quinoa, Couscous and other gluten free grains

Avoid: Wheat and wheat products, all refined carbohydrates (breads, bagels, pasta, pastries, cookies.....), peanuts, pistachios

Fruit

Acceptable: Apples, Avocado, Lemons, Limes, Grapefruit, Strawberries, Cranberries (sugar and sulfite free) *use fruit **only** if tolerated!*

Limit: *use fruit **only** if tolerated!*

Avoid: fruit juice (canned, bottled, frozen or fresh), all dried fruit, melons and oranges

Sweeteners

Acceptable: Stevia, Xylitol, Chicolin

Avoid: all processed sugar, table sugar, honey, maple syrup, brown sugar, , anything containing high fructose corn syrup, artificial sweeteners, candies, chocolate, anything with -ose (sucrose, glucose, fructose, dextrose.....)

Miscellaneous

Acceptable: Legumes (soaked or sprouted), all unrefined olive, sesame, safflower and corn oils.

Avoid: yeast containing foods: vinegar or food containing vinegar (mustard, salad dressing, pickles, mayonnaise, barbecue sauce....); all forms of alcohol (beer, wine and liquor); mold containing food: mushrooms, soy sauce, tamari, miso; malt or malt containing foods and beverages

Recommended: - drink at least 1 quart/per 50 pounds body weight of a good water (filtered, spring, non-chlorinated – get enough sleep – help your body detox by taking hot salt baths (Epsom or other) ***only*** if tolerated – keep bowels moving –engage in some form of exercise – use a good pro-biotic supplement