

# 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