

Candida Diet - Foods To Eat modified from www.TheCandidaDiet.com

CATEGORY	FOODS TO EAT	NOTES
VEGETABLES	Artichokes Asparagus Avocado Broccoli Brussels sprouts Cabbage Celery Cucumber Eggplant Garlic (raw) Kale Olives Onions Rutabaga Spinach Tomatoes Zucchini	Non-starchy vegetables starve the Candida of the sugar and mold diet that feed it. You should buy your vegetables fresh and eat them raw, steamed or grilled. Reduce, but don't eliminate, starchy vegetables such as sweet potatoes, potatoes, yams, corn, all winter squash, beets, peas, parsnips and beans. Olives are OK as long as they are not in distilled white vinegar.
FERMENTED VEGETABLES	Raw Sauerkraut (Bubbies) Kimchi Natto	Fermented foods such as these contain good bacteria for the gut.
LEGUMES	Beans, Peas, Lentils Chickpeas (Garbanzo) Tofu Soy Cheese Soy Milk	
LIVE YOGURT CULTURES	Probiotic yogurt Kefir	Live yogurt cultures help your gut to repopulate with good bacteria. The live bacteria in the yogurt will crowd out the Candida yeast and restore balance to your system. This is especially useful after a course of antibiotics.
MEAT	Beef Chicken Lamb Turkey (unprocessed) Buffalo Venison Ostrich Beef Liver Chicken Livers Heart Kidneys	Eat only fresh and organic meat - processed meat (like lunch meat, bacon and spam) is loaded with dextrose, nitrates, sulfates and sugars. Smoked or vacuum packed meats are also best avoided.

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FISH	Anchovies Herring Sardines Wild caught Salmon Tilapia Flounder Wild caught Cod “Up North” fish (perch, walleye, trout)	Wild salmon and sardines do contain ocean contaminants, but in much lower amounts than other seafood. Buy these fish fresh or packed in olive oil or water.
NUTS AND SEEDS	Almonds Coconut meat Chia seeds Flax Seed Hazelnuts Hemp Seed Hearts Pecans Pumpkin Seeds Sunflower Seeds Walnuts	These nuts are healthy and have a low mold content. If you're still worried about mold, soak them in a diluted grapefruit seed extract solution for a few hours.
NON-GLUTINOUS GRAINS	Buckwheat Millet Oat Bran Steel-cut Oats Quinoa Amaranth Brown Rice	These grains contain a high amount of fiber, excellent for keeping your digestive system moving and eliminating Candida toxins. Most products derived from this list are also OK - e.g. quinoa crackers, buckwheat flour. You can find these in the gluten-free section in health food stores.
HERBS AND SPICES	Basil Black Pepper Cinnamon Cloves Dill Garlic Ginger Oregano Paprika Rosemary Thyme	Many herbs and spices have antioxidant and antifungal properties. They can also improve circulation and reduce inflammation. They're great for livening up food if you're on a limited Candida diet.
OILS	Virgin Coconut Oil Olive Oil Sesame Oil Flax Oil Coconut Oil	Use cold pressed oils where possible. Remember that heating or boiling can destroy many of the oil's nutrients.

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	Red Palm Oil	
SEASONING	Black Pepper Sea Salt Lemon Juice Coconut Aminos Apple Cider Vinegar (Organic, Raw, Unfiltered)	Coconut Aminos are a great alternative to soy sauce. And you can use apple cider vinegar to make some delicious salad dressings.
BEVERAGES	Chicory root coffee Cinnamon Tea Peppermint Tea Ginger Tea Licorice Tea	These are just a few of the herbal teas that have antifungal properties. Chicory root is also a great prebiotic (it contains 20% Inulin), so it can help to repopulate your gut with healthy bacteria too.
SWEETENERS	Stevia Xylitol	Stevia and xylitol can be used in place of sugar and they have a much smaller effect on your blood sugar levels.

Candida Diet - Foods To Avoid

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SUGARS	Sugar Honey Maple Syrup Chocolate Molasses Rice Syrup Artificial Sweeteners	Condiments tend to be high in sugar and can exacerbate your Candida. Stay away from the soft drinks too. Always read food labels to make sure your food doesn't contain sugar. Be careful - the aspartame in diet cola weakens your immune system can leave you vulnerable to Candida. STEVIA IS ALL RIGHT TO USE.
ALCOHOL	Wine Beer Spirits Liquors Cider	Alcoholic drinks can be high in sugars that can feed a Candida overgrowth. And alcohol itself is broken down into acetaldehyde, one of the toxins that Candida produces.
FRUIT	Fresh Fruit Dried Fruit Canned Fruit Fruit Juice	The high sugar content in fruit feeds Candida, even though they are natural sugars. Fruits like melon may also contain mold. A squeeze of lemon is OK. ONE SERVING OF FRUIT PER DAY IS ALLOWED (NOT BANANA OR APPLE)
VEGETABLES	Potatoes Carrots Sweet Potatoes Yams Beets Peas Parsnips	This group of vegetables is nutrient-dense, however they should be LIMITED until your Candida overgrowth is fully under control. (ONE SERVING PER DAY) They then can be increased a little later.
MEATS	Cured meats Processed meats Smoked or vacuum-packed meats	Processed meats like lunch meat and spam are loaded with dextrose nitrates, sulfates and sugars.

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FISH	All large fish like albacore tuna and swordfish All farmed fish All shellfish	All shellfish and most large fish contain alarming levels of heavy metals and toxins. Studies have shown that farmed salmon contain high levels of PCBs, mercury and other carcinogenic agents. Small wild caught fish are OK.
DAIRY PRODUCTS	Cheese Milk Cream Buttermilk Whey products	Almost all dairy should be avoided except ghee butter.
ADDITIVES & PRESERVATIVES	Citric Acid Anything you don't know or can't pronounce!	The manufactured, additive form of citric acid is derived from yeast. However the natural form, as found in lemons and limes, is OK on the diet. Additives and preservatives can disrupt your friendly bacteria and allow the Candida yeast to flourish.
OTHER BEVERAGES	Coffee Black & green tea Diet & regular soda Energy drinks Fruit Juices	Caffeine causes spikes in your blood sugar spikes and weakens the immune system. Coffee also contains mold. Even decaf tea and coffee are to be avoided, as they contain residual levels of caffeine.
NUTS	Cashews Peanuts Pistachios	This group of nuts contains a high amount of mold which you may be sensitive to.
BEANS	Beans and other legumes Chickpeas Tofu Soy cheese Soy milk All soy products	The combination of being hard to digest and high in carbs rules out beans from the first stages of the diet. They can be reintroduced later on in small portions. All soy products are forbidden, as the majority of soy is genetically modified.
MUSHROOMS / MOLDS	Mushrooms Truffles	Eating some fungi can cause an inflammatory reaction if you are already suffering from Candida. On the other hand, some medicinal mushrooms are actually OK on the diet and

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		have strong immune-boosting properties. Good examples are Reishi and Maitake.
CONDIMENTS	Ketchup Mayonnaise Regular Mustard Relish Horseradish Soy sauce	Ketchup, tomato paste, and spaghetti sauces all contain high amounts of hidden sugars. Condiments generally do tend to be high in sugar, and they can exacerbate your Candida. For an alternative salad dressing, try coconut aminos or a simple olive oil and lemon juice dressing.
VINEGAR	All vinegars, except for Apple Cider Vinegar	Vinegar is made in a yeast culture, depletes the stomach of acids and can also cause inflammation in your gut. However, one particular vinegar (unfiltered apple cider vinegar) can actually be helpful in combating a Candida overgrowth.
FATS AND OILS	Peanut oil Corn oil Canola oil Soy oil	Peanut, corn and canola oil are contaminated with mold. And most soy beans used in soy oil are GMO.