

Anti-Candida Diet

Here is the simplified version of the diet:

- Carbohydrates must be limited to 80 grams daily since the body processes carbohydrates into sugar/glucose
- Less than 40 % of the diet should be protein
- At least 30 to 40 % of the diet should be vegetables (Eat lots of vegetables and protein)
- Eliminate sugar, corn syrup, honey, natural sweeteners, and high fructose fruits, alcohol, yeast products (breads, crackers), fermented and mold foods (cheese, vinegar, cultured dairy), refined foods (white rice, white flour), processed meats (contain antibiotics), Trans-fats, peanuts and peanut butter.

Use the anti-candida diet for a minimum of 2 weeks. If you feel that you have made significant progress, you may become less restrictive with the diet. But continue to avoid sugar/sweeteners, breads, pasta, and white rice. You may increase carbohydrates by about 100 grams per week for a month, while continuing with the protocol.

	CAN HAVE	CANNOT HAVE
Protein	Chicken, Fish, (tuna, salmon, bass, etc), Lean beef, Turkey, Quail and all game birds, Lamb, Veal, Eggs	Processed Meats: Bacon, Sausage, Ham, Hot dogs, Lunchmeats, Cured or dried meats, Any cured meat in water
Vegetables	Check labels of frozen foods for hidden sugar, vinegar, and additives. Asparagus, Lettuce, Beets, Onions, Broccoli, Parsley, Brussels Sprouts, Peas, beans, Cabbage, Legumes, Carrots, Tomatoes (fresh), Cauliflower, Summer Squash, Cucumbers, Winter Squash, Celery, Zucchini, Acorn, Eggplant, Red Potatoes, Green peppers, Butter Squash, Greens, Radishes, Turnip, Okra, Spinach, Parsnip, Mustard, Collards, Beets	Starchy: Potatoes, Corn, Dried beans
Fruits	AVOID ALL FRUIT FOR AT LEAST TWO WEEKS: After 2 weeks: Apple, Grapefruit, Avocado, Mango, Orange, Nectarine, Peach, Pineapple, Papaya, Apricot	Fresh, Candied, or dried: Grapes, Bananas, Pumpkin, Pears, Raisins, Dates, Apricots, Prunes, Figs, Pineapple, Watermelon, Honeydew, Especially cantaloupe
Nuts and Seeds	Almonds, Brazil, Cashews, Filberts, Pecans, Pumpkin seeds, Sunflower seeds, Sesame seeds	Peanut butter or peanut products
Oils and Fats	Cold pressed: Corn, Coconut, Avocado, Sesame, Flaxseed, Almond, Safflower, Sesame oil, Butter, Cold pressed olive oil	Lard, Margarine, Hydrogenated oils
Grains	Whole: Any of these may be ground for recipes as long as no sugar or yeast is added. Barley, Wheat, Millet, Brown rice, Oats, Buckwheat, Soybeans, Corn	Products containing white flour, white rice or hulled grains, Crackers, Brewers yeast, Breads, Pastas, products with yeast added
Beverages	Water, with lemon to flavor is good (not chlorinated), Fresh vegetable juices, Herbal beverages, Parsley tea, Essiac tea, Almond milk	Caffeinated or carbonated drinks, Alcoholic drinks, beer, wine or liquor, Fruit juices, Any drink containing natural sweeteners (except Stevia), Any drink containing artificial sweeteners, Milk, Regular coffee, instant coffee, Decaf coffee, Teas that contain sweeteners
Carbohydrates	Puffed rice cakes, Soybeans, Legumes, Brown rice, Beans, Lentils, Peas	Yeast thrives on sugars, if you eat sugars the yeast will flourish. This includes any and all foods containing sugar and sweeteners, such as sucrose, maltose, dextrose, glucose, galactose, fructose, corn sweeteners, syrups, molasses, sorghum, or honey.
Dairy	Moderate amounts of plain low fat yogurt, Skim milk- 8 ounces daily	All types including cottage cheese and cream cheese Prepared cheese foods such as Velveeta, macaroni and cheese, any other cheese containing snacks, Buttermilk, Sour cream, And any other milk products
Breakfast Foods	Unsweetened cereals, Oatmeal, Oat bran, Eggs	Sweetened cereals, refined flour products
Condiments	Spices, Herbs, Sea Salt, Homemade mayonnaise, ½ lemon daily as salad dressing	Mustard, Ketchup, Mustard, Worcestershire, Accent (monosodium glutamate), Steak sauce, Barbecue sauce, Shrimp and soy sauces, Pickles, Pickled vegetables, Relishes, Green olives, Sauerkraut, Horseradish, Mincemeat, Tamari, Sprouts, and Vinegar products such as mayonnaise and salad dressing