

ANTI-CANDIDA NUTRITIONAL THERAPY

The nutritional treatment for candida is unique to the individual. Since individuals differ, what works for one person may not work for another. The following nutritional guidelines may need to be modified to fit an individual's personal requirements.

Food You Can Eat Freely (unless you are allergic to them)

Vegetables and Legumes

Artichoke
Asparagus
Beans, all types
Beet
Broccoli
Brussel sprouts
Cabbage
Carrot
Cauliflower
Celery
Chard
Cucumber
Eggplant
Garlic
Green bean
Greens: (beet, collard, kale, mustard)
Kohlrabi
Leek
Lettuce, all types
Miso
Okra
Onion
Parsley
Parsnip
Peas, all types
Peppers, all types
Potatoes, white & sweet
Pumpkin
Radish
Rutabaga
Spinach
Sprouts, all types
Squash, all types
Tempeh
Tomato
Turnip
Yam

Nuts/seeds

Almond
Brazil

Cashew
Filbert/hazelnut
Flaxmeal
Macadamia
Pecan
Pine
Pumpkin
Sesame
Sunflower
Walnut

Fats

Butter
Extra virgin olive oil
Extra virgin coconut oil
Ghee
Sesame oil

Sugar substitutes

FOS
Stevia

Dairy

Plain whole yogurt
Plain kefir

Grains

Amaranth
Buckwheat
Quinoa
Wild rice

Starches

Arrowroot
Kudzu/kuzu
Tapioca

Beverages

Filtered water
Sparkling water
Herbal tea

Green tea
Coffee

Fruit

Lemon
Lime

Fish/Shellfish

Cod
Crab
Halibut
Orange Roughy
Salmon
Shrimp
Trout
Tuna

Red Meats

Antelope
Beef
Bison/buffalo
Lamb
Pork, uncured & unsmoked only
Rabbit
Squirrel
Veal
Venison

Poultry

Chicken
Cornish Hen
Duck
Eggs
Goose
Pheasant
Turkey

*It is important to drink 8 glasses (approximately 2 quarts) of water throughout each day and to consider using some type of "purified" water: reverse osmosis or bottled in glass. All bottled waters are not the same and some may contain pesticides or other contaminants such as may be found in regular tap water.

Limited Foods (unless you are allergic to them)

Whole grains (i.e. millet, barley, quinoa, brown rice, wild rice, oats, spelt, whole wheat, rye, corn, amaranth, buckwheat, kamut, teff, Job's Tears); Ezekiel (sprouted grain) and manna bread

Fruit should be limited to no more than 2 servings a day. 1 serving = 1 small – medium apple or pear. SMALL amounts of dried fruit are okay.

_____ Gluten: whole wheat, spelt, rye, barley, kamut, oats

_____ Dairy: organic raw grass-fed cheese, organic whole milk yogurt, hydrolyzed whey protein, organic grass-fed butter, unsweetened kefir, organic raw grass-fed cream

Foods You Must Avoid

Sugars and Sugar-Containing Foods: Brown, granulated, and powdered sugar as well as other sugars such as dextrose, fructose, galactose, glucose, glycogen, lactose, maltose, mannitol, monosaccharides, polysaccharides, sorbitol, and sucrose. Also avoid Sucanat (organic raw sugar), molasses, honey, maple syrup, date sugar, and turbinado sugar. The natural sweetener stevia is okay in moderation. Read all labels of packaged foods to make sure there are no hidden sugars.

Artificial Sweeteners: Aspartame (NutraSweet), sucralose (Splenda) and saccharin.

Common table salt: Most table salts contain dextrose and other chemicals. Instead use Celtic sea salt or sea salt (that may be free of these substances). Be sure to read the ingredients. Sea salt is processed from ocean water. Celtic sea salt is a mined sea salt which was originally deposited on the floor of an ancient ocean long before the advent of modern day chemicals such as herbicides or pesticides; Celtic sea salt contains all trace minerals.

Alcoholic beverages: beer, wine, and liquor

Refined bagels, breads, pastries, cookies, cakes, and yeast-leavened bakery products

Yeast foods do not actually promote Candida growth but some people do have reactions to them and should avoid consuming these foods.

Tips for the Anti-Candida Nutritional Therapy

Limit total carbohydrates to about 150 grams per day.

Example: $\frac{1}{2}$ cup acorn squash =15 grams

1 cup beets =15 grams

1 cup cooked legumes =50 grams

$\frac{2}{3}$ cup butternut squash =15 grams

1 cup cooked carrots=15 grams

$\frac{1}{2}$ cup peas=15 grams

$\frac{1}{2}$ medium sweet potato or yam=15 grams

If possible, eat organic foods as this will help to minimize your exposure to hormones, antibiotics, and pesticides/herbicides.

Buy fresh or frozen vegetables, fruits, wild fish, organic free-range poultry and wild/grass-fed meats. Purchase only whole-grains and raw nuts and seeds.

Store whole-grains and raw nuts/seeds in the refrigerator or freezer.

Choose alcohol-free flavorings and extracts but read labels for other ingredients that may not be allowed.

Read all labels when buying foods to check for ingredients that need to be eliminated from your diet.