

The Candida and Anti-Fungal Diet

VEGETABLES

- Vegetables starve the Candida of the sugar and mold diet that feed it.
- They also absorb fungal poisons and carry them out of your body.
- Avoid starchy vegetables such as sweet potatoes, potatoes, yams, corn, all winter squash, beets, peas, parsnips and all beans except green beans.
- You should buy your vegetables fresh and eat them raw, steam or grill them. Add a little garlic and onions for flavor as they are especially helpful with Candida.
- Kim Chi is made of fermented vegetables such as cabbage, onion, cucumber, peppers, garlic, radish. The probiotic bacteria in Kimchi will help kill off the candida in your intestine. Raw sauerkraut works in the same way.
- Olives are OK as long as they are not in distilled white vinegar.
- You can eat all types of seaweed including chlorella and spirulina.
- **Avoid:** Vegetables with high glycaemic index (potato, carrot, yam, beet, pea, parsnip, squash), mushrooms, fruits (tropical fruit, bananas, juice, dried fruit, canned fruit)

Artichokes	Eggplant	Rutabaga
Asparagus	Endive	Sauerkraut (raw)
Avocado	Garlic (raw)	Seaweed
Beet greens	Green beans	Snow pea pods
Broccoli	Kale	Spaghetti squash
Brussel sprouts	Kim Chi	Spinach
Cabbage	Leeks	Summer squash
Cauliflower	Lettuce (all types)	Swiss chard
Celery	Okra	Turnip
Collard greens	Olives	Zucchini
Cucumber	Onions	
Dandelion greens	Radish	

LIVE YOGURT CULTURES

- Live yogurt cultures (or probiotics) help your gut to repopulate itself with good bacteria.
- The live bacteria in the yogurt will crowd out the Candida yeast and restore balance to your system.
- Especially useful after a course of antibiotics, or when a patient is suffering from Candida.
- Yogurt from goat and sheep milk is even better, as they tend to contain fewer chemicals.
- Good bacteria will also produce antifungal enzymes that can help you fight Candida.
- Plain yogurt does contain a small amount of lactose but this will not feed your Candida.
- **Avoid:** Dairy (cheese, milk, cream, butter)

Plain yogurt	Probiotics	Kefir
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MEAT

- Fresh cuts of meat are free of sugars and mold, so they fill you up while restricting the Candida.
- Eat only fresh and organic meat - processed meat like lunch meat, bacon and spam, is loaded with dextrose nitrates, sulphates and sugars.
- Smoked or vacuum packed meats are also best avoided.
- Most Atkins recipes will also work reasonably well in a Candida diet.
- **Avoid:** Meat (pork, preserved/ cold cut meat, smoked meat)

Beef Chicken	Lamb Turkey	Wild Game Eggs
<p><u>FISH</u></p> <ul style="list-style-type: none"> • Sockeye salmon and sardines do contain ocean contaminants, but in much lower amounts than other seafood. • You should still only consume fish a few times a week. • You should buy these fish fresh or packed in olive oil or water. • Avoid: Fish (all except Sockeye Salmon and Sardine), shellfish 		
Anchovies Herring	Sardines	Sockeye salmon
<p><u>NUTS AND SEEDS</u></p> <ul style="list-style-type: none"> • Nuts are healthy, however they are tough on the digestive system for candida sufferers, so they should really be consumed in limited amounts. Watch for a reaction though - some people are fine with them, others are not. • Another problem is nuts contain some mold. It can be removed by soaking them in water and fresh lemon juice then air drying them, or putting them in the oven on low heat until crispy. • Ground flax seed goes bad very quickly so always buy it whole. Grind with a food processor or coffee grinder, then eat it right away. • Another tip to remove mold - spray the nuts with a diluted grapefruit seed extract solution. • If you like nuts, stick to freshly cracked or whole ones, they have less mold • Avoid: Nuts (cashew, peanut, pistachio), Beans (beans, legumes, soy, cocoa powder) 		
Almonds Almond milk (unsweetened) Coconut Cream Coconut milk (unsweetened) Flax Seed	Hazelnuts Hemp Seeds Macadamia Nuts Pecans Pine Seeds	Pumpkin Seeds Sunflower Seeds Walnuts
<p><u>NON-GLUTINOUS GRAINS</u></p> <ul style="list-style-type: none"> • Grains contain a high amount of fiber, excellent for keeping the colon clear so Candida doesn't get a chance to multiply. • Grains also act like a pipecleaner in your intestine, grabbing nasty toxins like pollutants, chemicals, pesticides and heavy metals on their way through. • Most products derived from this list are ok - e.g. quinoa crackers, buckwheat flour. You can find these in the gluten free section in health food stores. • Oat bran is different from oatmeal, and contains lots of soluble fibre • Avoid: Grain and Gluten (wheat, rye, barley, spelt, corn) 		
Amaranth Buckwheat	Millet Oat Bran	Quinoa Wild and brown rice
<p><u>HERBS AND SPICES</u></p> <ul style="list-style-type: none"> • Contain antioxidants and anti-fungal properties. • Increase circulation and reduce inflammation. • Improve digestion and alleviate constipation. • Most herbs and spices are beneficial in your fight against Candida. 		

<ul style="list-style-type: none"> They're great for livening up food if you're on a limited Candida diet. 		
Basil	Cumin	Oregano
Black Pepper	Curry	Paprika
Cayenne	Dill	Rosemary
Cilantro	Garlic	Tarragon
Cinnamon	Ginger	Thyme
Cloves	Nutmeg	Turmeric
<u>OILS</u> <ul style="list-style-type: none"> Use cold pressed oils. Heating or boiling destroys many of the oils' nutrients 		
Virgin Coconut Oil	Macadamia Oil	Sunflower
Olive Oil	Almond Oil	Coconut oil
Sesame Oil	Flax Oil	Coconut butter
Pumpkin seed oil	Safflower	Ghee
Organic butter		
<u>SEASONING</u> <ul style="list-style-type: none"> Coconut Aminos are a great alternative to soy sauce. Mustard made with distilled vinegar is not allowed. Avoid: Preservatives, additives, condiments, vinegar (except Apple Cider Vinegar) 		
Black Pepper	Coconut Aminos	Mustard Powder
Sea Salt	Apple Cider Vinegar (Organic, Raw, Unfiltered)	Mustard made with apple cider vinegar
Lemon Juice		
<u>BEVERAGES</u> <ul style="list-style-type: none"> All of these herbal teas have antifungal properties. Chicory root is also a great prebiotic (it contains 20% Inulin), so it can even help to repopulate your gut with healthy bacteria Avoid: Alcohol, Caffeine (coffee, black/ green tea, soda, energy drinks) 		
Chicory root coffee	Chamomile Tea	Ginger Tea
Cinnamon Tea	Pau D'arco Tea	Licorice Tea
Clove Tea	Peppermint Tea	Lemongrass Tea
<u>SWEETENERS</u> <ul style="list-style-type: none"> Stevia can be used in place of sugar and doesn't affect your blood sugar levels at all. Xylitol gum and mints are good if you are having bad breath issues. Avoid: Refined sugar (honey, fructose, chocolate, syrup, artificial sweeteners, sugars) 		
Stevia	Xylitol	

Adopted from <http://www.thecandidadiet.com/foodstoeat.htm>