

# Candida Diet

*Eat These Foods -- Nothing Else!*

## VEGETABLES

\* Vegetables starve candida of the sugar and mold that feed it. They also absorb fungal poisons and carry them out of the body.

\* You should buy your vegetables fresh and eat them raw, lightly steamed, or grilled. Add a little garlic and onion -- for flavor and an anti-fungal punch.

\* Avoid all starchy vegetables

\* Raw carrots are okay - but if you cook them the glycemic index increases dramatically.

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

## MEAT

\* Fresh cuts of meat are free of sugars and mold; they fill you up while restricting Candida growth.

\* Eat only fresh, grass-fed, and organic meat. Processed lunch meats, bacon, etc. is loaded with dextrose, nitrates, sulfates, and sugar. Avoid smoked or vacuum packed meats for the same reason.

Beef	Lamb	Wild Game
Chicken	Turkey	Eggs

## FISH

\* Sockeye salmon and sardines do contain some ocean contaminants, but in much lower amounts than other seafood.

\* You should still only consume fish a few times a

Anchovies	Sardines	Sockeye salmon
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## LIVE YOGURT CULTURES

\* Live yogurt cultures (or probiotics) help your gut to repopulate itself with good bacteria, which will crowd out the candida and restore balance.

\* Yogurt from goat and sheep milk is even better.

\* Good bacteria will also produce antifungal enzymes that can help you fight Candida.

\*PLAIN, organic yogurt only. Sweeten with stevia if desired. Flavored fruity yogurts contain too much sugar and will feed candida.

## NUTS AND SEEDS

\* Nuts are healthy, but can be strenuous on the digestive system for candida sufferers. Consume in limited amounts.

\* Nuts can contain some mold. Remove by soaking them in water and fresh lemon juice then air drying them.

\* 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, as they have less mold.

Almonds	Pecans
Brazil Nuts	Pumpkin Seeds
Hazelnuts	Sunflower Seeds
Hemp Seeds	Chia Seeds
Macadamia Nuts	Walnuts

## NON-GLUTINOUS GRAINS

\* 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.

\* Any pure products from this list are ok - eg brown rice pasta, quinoa crackers, buckwheat flour. You can find these in the gluten free section in health food stores.

Buckwheat	Quinoa
Millet	Wild and brown rice
Amaranth	

## HERBAL TEAS

\* All of these herbal teas have antifungal properties. Drink as much as you like, hot or iced.

Cinnamon Tea	Peppermint Tea
Clove Tea	Ginger Tea
Chamomile Tea	Licorice Tea
Pau D'arco Tea	Lemongrass Tea

## SWEETENERS

\*Use stevia only. It is the only sugar substitute that has a zero glycemic index and contains no chemicals.

\* Xylitol gum and mints are good if you are having bad breath issues.