

CANDIDA DIET

The following information is a compilation of candida diet parameters based on recommendations from Dr. William Epperly as well as Allergy and Candida Cooking Made Easy, by Sondra K. Lewis, and The Yeast Connection and the Woman, by Dr. William Crook. Keep in mind that there are several different diet approaches to control candida; however, the basic principles consist of the following guidelines.

Foods to avoid

Simple carbohydrates and sugars – sweets, table sugar, honey/other sweeteners, aspartame, fructose, JSG, corn syrup, honey, sucrose, maltose, saccharin, brown rice syrup, molasses, dextrose,

It's best to cut out fruits completely for 2-3 weeks and add them back into the diet gradually. If they seem to aggravate your system, then avoid them.

Yeast containing foods – refined flour, fried foods, fast foods, junk foods, bakery items, candy, soft drinks, margarine, refined oils chemical additives,

Fruit juice (unless fresh squeezed) and some pastas have not been shown that the yeast in these foods contributes to the proliferation of intestinal yeast, however, they can aggravate candida symptoms. Each individual will differ regarding which foods are tolerated so experimentation will help determine if these foods are safe for you.

Breads, brewer's yeast, beer/wine, Vinegar, prepared salad dressings, aged cheeses, fermented foods (anything pickled, miso, soy sauce). Mushrooms, canned soups and juices, yeast containing vitamins and minerals.

Foods to include

Complex carbohydrates, whole grains, fresh vegetables and fruit (if tolerated), raw nuts and seeds, unrefined vegetable oils, fresh lean meats / fish, etc.

Select beverages: coffee or tea may or may not be OK. Fruit juices, if tolerated.

Stevia is an herb that can be used as a sweetener without the calories or the effects of a sweetener. It is natural, safe, several times stronger than sugar and can be purchased at any health food store in liquid or powder form.

Eggs, butter, plain unsweetened yogurt

All meats and fish. Fresh (no smoked or processed lunch meat), natural peanut butter,

Low Starch vegetables such as celery, cabbage, broccoli, cauliflower, leafy greens, brussel sprouts, squash, asparagus, radishes, bell peppers, onions, leeks, garlic, sprouts, tomatoes, green beans, bamboo
Moderately low starch vegetables are OK, such as carrots, beets, rutabaga, turnips, parsnips, eggplant, artichoke, avocado.

Starchy vegetables such as potatoes, sweet potatoes, yams, winter squash (acorn, butternut)

Legumes: Lentils, split peas, black-eyed peas, beans

Whole grains (totally whole grain): Brown rice, wild rice, millet, buckwheat, quiona, oats, barley, corn, rye, whole wheat, whole grain products (whole wheat pastas, cereals, etc.)