

## **CANDIDA DIET**

Diet is a very important part of assisting your body in eliminating Candida albicans (or yeast). The more completely and closely the guidelines are observed, the more quickly you will see results and experience improvements in your health. Many people find after eating strictly within the guidelines for 2-4 weeks, symptoms begin to disappear and they can SLOWLY incorporate whole foods from the restricted list back into their diets.

When reintroducing foods into your diet you should also take care not to emphasize those that feed the yeast or stress your immune system for a considerable period of time, even though you may be craving those foods and they may not produce noticeable symptoms right away.

### **FOODS TO AVOID IN CANDIDA ALBICANS TREATMENT**

#### **1. Yeast containing foods**

- All types of yeast and yeast-containing foods place additional burden on the body which is already coping with yeast overload. Avoid: Bakers yeast, Brewers yeast, Engevita, Torula. Baked goods raised with yeast such as breads, rolls, crackers, bagels, cakes, pastries.
- **Yeast Free Grain Choices**
  - Sprouted Essene Bread (lifestream of Manna wheat or rye bread available in the freezer section of some health food stores)
  - Corn Tortillas and Tacos
  - Rice cakes and rice crackers, Wasa rye crackers (available in most grocery stores)
  - Dimpfelmeiers 100% Plus Rye bread (these may also contain wheat)
  - Muffins, biscuits, pancakes, irish soda bread, chapatis made at home using the flour of whole grains and baking soda and/or baking powder for leavening
  - Kensington Sourdough rye bread
  - Nutrilove Rice Bread (found in health food stores in the refrigerator section)

#### **2. Vinegar**

- Vinegar is made with a yeast culture which again stresses the system. Vinegar containing foods, sauces and condiments to avoid include:

#### **3. Sugar**

- Sugar feeds the yeast and encourages its growth and is best eliminated entirely.

#### **4. Frozen, canned, Fruits**

- The natural sugars in fruit support yeast growth and also tend to be yeast bearing foods.

#### **5. Mushrooms**

- All edible fungi including mushrooms, morels, truffles, etc also increase yeast burden.

#### **6. Peanuts, Peanut Butter and Pistachios**

- These nuts usually have high mold contamination which again overloads the body yeast burden.

#### **7. Alcohol**

- Alcoholic beverages feed the yeast and stress other systems such as the liver and brain. These include:

#### **8. Coffee and Black Tea (Green tea is permitted)**

- These beverages create an additional burden for the body's already over-taxed stress-coping mechanisms.
- DRINK -water (preferably distilled, spring or purified)  
-herbal tea in moderation

#### **9. Moldy and processed Cheeses**

- Roquefort and other "molded" cheeses add to the yeast overload. Processed cheese such as cheese slices, cheese whiz, cream cheese, cheese snacks, Kraft dinner, etc... are not supportive to your health.

#### **10. Processed, Dried, Smoked and Pickled Meats**

- Because of the processing of these products and the chemicals such as nitrites and nitrates used in many of them, they are not recommended for use at any time

#### **11. Packaged, Processed and Refined Foods Generally**

- Canned, bottled, packaged, boxed, and other processed foods usually contain yeast, refined sugar, refined "enriched" flour, preservatives, chemicals, coloring, etc.. are not recommended as part of a healthy diet.

### **FOODS TO RESTRICT IN CANDIDA ALBICANS TREATMENT**

#### **1. Dairy Products**

- Cow's milk in all forms (e.g. whole, skim, 2%, 1%, dry powdered etc.)
- Most cheeses (the exception are those cheeses lower in milk lactose which may not provoke sensitivities in some people. These include Monterey jack, mozzarella, sharp Cheddar (white), Colby, Swiss, and Provolone.
- Skim yogurt is included for some people because of the helpful bacteria it contains.

- **Possible substitutes for Dairy**

- Goat's milk and goat's milk products (cheese, yogurt, etc.)
- Soymilk (read the label as some commercial brands contain other ingredients e.g. Edensoy, Ah Soy, Soy Moo, etc.)
- Nut milks (1/4 cup nuts + 1 cup water whizzed in the blender – try almonds, sesame, coconut, etc.)

## FOODS TO COPE WITH CANDIDA

### FOODS TO USE LIBERALLY

**1. All vegetables:**

- The darker the colour the better

**2. Protein Foods:**

- Fish and chicken, turkey, beef (no more than once per week), lamb, venison, nuts and seeds, soybeans, tofu, eggs. Note: protein foods should not be dried, smoked, cured or pickled

**3. Fresh Fruits**

- Fruits are generally high in a natural sugar, and are subsequently high in carbohydrates. Fresh fruit and their juices (freshly squeezed juice where possible) that are not food sensitivities for you may be consumed occasionally in small amounts. The sugar content will also feed the yeast and therefore should be minimized, if not eliminated, for the initial two week period.

**4. Grains**

- Grains are also very high in carbohydrates, which when broken down by the body may feed the yeast. Therefore only those that you are not sensitive to should be consumed. Possible grains include:

Millet	Rye	Amaranth (actually a seed)
Barley	Wheat	brown rice
Oats	Buckwheat	
Quinoa	Durum flour (a wheat containing less gluten)	

**5. Fats and Oils**

- Because fat metabolism is often impaired when Candida is a problem, fats and oils should be consumed in minimal amounts (e.g. 2 tablespoons per day).
- Vegetable oils that have been cold-pressed without heat (usually available in health food stores) are your best choices. Eg. sesame and corn oil (cold-pressed), safflower, sunflower, linseed, olive, almond etc...

**6. Water**

- Finally, it is important to drink at least 1 L of clean filtered or bottled water a day. Green tea can also provide many health benefits and may be used freely.

**7. Natural Yeast Fighters**

- Garlic, onion, radish, black radish and horseradish.