

CANDIDA CONTROL DIET

DIET DON'TS FOODS YOU MUST **AVOID**

Simple sugars are the problem

SUGAR: All foods containing refined sugar and sweeteners

BREADS and PASTA

CANDIES, COOKIES, SNACK FOODS

CEREAL - ICE CREAM – SODA – ANTIBIOTICS

STARCHY & SWEET FRUITS: Grapes, bananas, pumpkin, pears, raisins, dates

MELONS: Watermelon, honeydew and especially cantaloupe

DRIED & CANDIED FRUITS: Raisins. Apricots, dates, prunes, figs and pineapple

STARCHY VEGETABLES: Potatoes, corn, dried beans

ALCOHOL: Fermented liquors and liqueurs, and beverages such as cider and root beer

MILK: Milk drinks – milk products

CHEESES: All types including cottage cheese and cream cheese. Prepared foods, Velveeta, macaroni and cheese, any other cheeses containing snacks. **NO** buttermilk, sour cream, any other sour milk products.

CONDIMENTS, SAUCES AND VINEGAR-CONTAINING FOODS: Mustard, ketchup, Worcestershire, Accent (monosodium glutamate), steak, barbecue, chili, shrimp and soy sauces, pickles, pickled vegetables, relishes, green olives, sauerkraut, horseradish, mince meat and tamari. Also avoid sprouts. Vinegar of all kinds and vinegar containing foods such as mayonnaise and salad dressing. (Freshly squeezed lemon juice may be used as a substitute for vinegar in salad dressings prepared with unprocessed vegetable oil.)

PROCESSED FOODS: Packaged and processed foods containing yeast and refined sugar. Also avoid enriched flour products.

COFFEE AND TEA: Regular coffee, instant coffee, decaf coffee and teas of all sorts including commercial herbal teas. Exception: Traditional medicinal herbal teas

FRUIT JUICES: Either canned, bottled or frozen.

Exception: freshly prepared juice - LIMITED AMOUNTS

Yeast thrives on sugars, if you eat sugars the yeast will flourish

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DIET DO'S FOODS YOU CAN EAT

MEAT:		BEVERAGES:	
Beef, Lamb, Chicken, Veal, Turkey, Quail All Game Birds		Water, Herbal Beverages, Parsley Tea, Essiac Tea, Fresh Vegetable Juices	
ALL FRESH FISH:			
Clam, Tuna, Salmon, Shrimp, Lobster, Crab, Oysters			
All Meats and Eggs:	No Bacon, Sausage, Ham No Hot Dogs (mystery tubes), Lunch Meats		
NUTS, SEEDS & OILS:		ALL FRESH VEGETABLES:	
Almonds, Brazil, Cashews, Filberts, Pecans, Pumpkin Sees		Asparagus, Lettuce, Beets, Onions, Broccoli, Parsley, Brussel Sprouts, Peas, Beans, Cabbage, Legumes, Carrots, Tomatoes (fresh), Cauliflower, Summer Squash, Cucumbers, Winter Squash, Celery, Zucchini, Acorn, Eggplant, Red Potatoes, Eggplant, Green Peppers, Butter Squash, Greens, Radishes, Turnip, Okra, Spinach, Parsnip, Mustard Collards, Bets	
AVOID ALL FRUIT FOR ONE WEEK:			
Apple, Grapefruit, Avocado, Mango, Nectarine, Peach, Orange, Papaya, Apricot, Pineapple			
<i>Eat All Fruit Alone</i>		WHOLE GRAINS (limit):	
		Barley, Millet, Oats, Rice, Wheat	
OILS (Cold Pressed):			
Almonds, Apricots, Avocado, Corn, Linseed, Olive, Safflower, Sesame, Butter			