

ANTI-CANDIDA/YEAST FREE DIET

Helpful grocery stores: Trader Joe's, Sprouts, Whole Foods, Natural Grocers

Purpose: To eliminate foods and nutrients that will feed growth of yeast (candida) in the intestinal tract. The goal is to starve the candida so it will die off and be eliminated.

Foods You CAN Eat:

PROTEIN

- **Plant based sources:**

- o Beans and lentils

- Use Beano if you have difficulty digesting, start with smaller portions to assess tolerance level and gradually increase. Aim for at least ½ cup per day.

- Canned organic beans (Eden Organics uses BPA free cans)

- Great source of fiber!!

- o Soy (should be organic non-GMO)

- Edamame, tofu, tempeh

- Avoid soy protein isolate, it's highly processed

- o Nuts and nut butters

- Almonds, walnuts, peanuts, sunflower seeds, pumpkin seeds, hazelnuts, brazil nuts, pecans, cashews

- Avoid nut butters with added sugar and partially hydrogenated oils

- o Flax and chia seeds

- **Fish: aim to eat around 2-3 times per week**

- o Wild Alaskan salmon (canned too), herring, wild cod, trout, sardines, halibut, tilapia

- o Avoid these fish due to high mercury and toxin content

- Tuna, farm-raised salmon (Atlantic salmon), catfish, mackerel, sturgeon, swordfish, shark

- o Other seafood OK to eat:

- shrimp, clams, mussels, crab, lobster

- **Meat: try not to include red meat in more than 3 meals per week**

- o When eating meats they should be organic, pasture raised, grass-fed/grass-finished. Avoid cheaper agri-industry meat and highly processed meats with nitrates and other chemicals.

- o Chicken, turkey, beef, buffalo, venison, lamb, pork

- o Best to cook by roasting or baking

- **Eggs**
 - Organic Omega-3 or Pasture-raised are the best
 - Cook by hard or soft boiling, sunny side up, or poached
- **Dairy: buy organic if possible and products made from grass-fed/grass-finished cows**
 - Cream, milk, and unsweetened plain yogurt ok. Avoid cheese, particularly aged cheeses.

VEGETABLES

- Aim to eat 2-5 cups a day (1 large salad per day plus a large serving of cooked veggies with an additional meal)
- Stir fry, steam, or bake- *Avoid* canned, boiled, or microwaving
- Emphasize dark leafy greens- romaine, spinach, kale, arugula, cabbage, collard greens, beet greens, mustard greens, parsley
- Broccoli, cauliflower, brussel sprouts, radish, cabbage (cruciferous)
- Asparagus, celery, cucumber, zucchini, tomatoes, peppers, onions, garlic, chives, and many more!
- Use sparingly due to high carb content: beets, carrot, winter squash, eggplant
- AVOID: white potatoes

GRAINS

- Limit grains if you are interested in losing weight
- Only 1 serving per day of 100% whole grains WITHOUT YEAST OR ADDED SUGAR- NO BREAD
- Gluten-free grains: rice (brown preferred), quinoa, gluten-free oats, non-GMO/organic corn, amaranth, buckwheat, millet

OILS/FATS

- Organic unrefined coconut oil
- Organic extra virgin olive oil
- Walnut oil
- Flax oil (use raw- do not cook)
- Sesame oil
- Refined or high oleic/monounsaturated safflower oil
- Organic butter (best from grass-fed/grass-finished cows)
- Avocados and avocado oil
- Flax and chia seeds
- Avoid canola oil, margarines, anything with partially hydrogenated oils (trans fats, vegetable fat/shortening), fully hydrogenated, and interesterified oils
- Refrigerate all oils except, olive oil, avocado, and coconut oil

FRUITS

- NO FRUIT THE FIRST 2 WEEKS
- Then, 1 piece of fruit per day or ½ cup of smaller fruits
- Particularly berries, cherries, pomegranate, plums

BEVERAGES

- **Water**- half your body weight in ounces every day!
- **Alternative milks**- (UNSWEETENED) almond, coconut, cashew, soy, rice, flax, hazelnut, hemp, etc.
- **Avoid**- sweetened beverages: soda, sweetened iced tea drinks, sweetened fruit drinks, Gatorade, and anything with artificial coloring

FOODS NOT ALLOWED THAT FEED YEAST/CANDIDA:

- **All Types of Sugar and Sugar-Containing Food:**
 - **Soda pop, candy, pastries, fruit juices and juice drinks, cookies, cake, pies, ice cream.** You can eat no sweeteners either of any sort: sugar, honey, molasses, brown sugar, high fructose corn syrup, etc. No artificial sweeteners are allowed, either, except a little stevia now and then.
 - **Synonyms for white sugar:** sucrose, glucose, fructose, dextrose, maltose, corn syrup, corn syrup solids, high fructose corn syrup solids.
 - **Watch Out For Hidden Sugars, Read Labels!:** Low Fat And Nonfat Foods Are Almost Always Very High In Sugar.
- **Fruit juices and Dried Fruits**--either canned, bottled, frozen. ONLY freshly prepared veggie juices are allowed. No Melons.
- **Antibiotics**
- **Alcoholic beverages**--beer, wine, champagne, hard liquors. Included is all fermented beverages and tinctures, cough syrups and other medications.
- **Fermented, molds, malted products**--soy sauce (you can buy yeast-free tamari at Health Food Stores), truffles, mushrooms, malted milk.
- **All Cheeses**
- **Vinegar-containing foods and condiments and sauces**--salad dressing, mayonnaise, pickles, ketchup, sauerkraut, and sauces such as barbeque, tomato, etc. You can make your own salad dressing using olive oil or avocado oil and lemon juice mixed with garlic, salt, and pepper.
- **Yeasts, Breads and Pastries**--all white and/or refined and/or yeasty and/or sweetened doughs with sugar in them: buns, bread, rolls, crackers, pretzels, noodles, etc.