

CANDIDA CONTROL DIET PROGRAM

1. Avoid ALL “junk food” (white sugar, white flour, soft drinks).
2. Include liberal amounts of nutritious food from a wide variety of sources.
3. Avoid ALL sugars, chocolate, honey, molasses, and maple syrup..
4. Avoid ALL fruits and fruit juices.
5. Try not to eat the same foods every day.
6. Feature low carbohydrate vegetables, seafood, lean meats, and eggs. You can include one serving of high carbohydrate vegetable OR a single portion of a whole grain at each meal.

FOODS YOU CAN EAT FREELY:

VEGETABLES:

Most of these vegetables contain lots of fiber and are relatively low in carbohydrates. They can be fresh or frozen and you can eat them cooked or raw: Asparagus, Beets, Broccoli, Brussels sprouts, Cabbage, Carrots, Cauliflower, Celery, Cucumber, Eggplant, Green pepper; Greens: spinach, mustard, beet, collard, kale; Garlic, Lettuce, Onions, Parsley, Radishes, Soybeans, String beans, Tomatoes, Turnips, Okra

MEAT & EGGS:

Chicken, Turkey, Beef, lean cuts, Veal, Pork, Lamb, Wild Game, Shrimp, Crab, Lobster, Tuna, other seafood, Salmon, Mackerel, Cod, Sardines, Eggs, other fresh or frozen fish that is not breaded

BEVERAGES:

Water and non-sweetened herb teas

FOODS YOU CAN EAT CAUTIOUSLY:

HIGH CARBOHYDRATE VEGETABLES:

Sweet corn, English peas. Squashes: winter, acorn, butternut, Lima beans, White potatoes (baked — not mashed or any other form), Sweet potatoes, Beans and Peas (dried and cooked)

WHOLE GRAINS:

Barley, Corn, Millet, Oats, Rice, Wheat.

BREADS, BISCUITS AND MUFFINS:

All breads, biscuits and muffins should be made with baking powder or baking soda as a leavening agent.

DAIRY:

Yogurt (sugar free), buttermilk, butter.

FOODS YOU MUST AVOID

SUGAR AND SUGAR CONTAINING FOODS:

Sugar and other quick-acting carbohydrates including sucrose, high-glucose corn syrup, fructose, maltose, lactose, glycogen, glucose, mannitol, sorbitol, galactose. Also avoid honey, molasses, maple syrup, maple sugar, and date sugar.