

ANTI-CANDIDA DIET

FOODS THAT ARE ALLOWED

VEGETABLES (fresh or frozen)

Asparagus	Celery	Gr. Pepper	Tomatoes
Avocado	Corn	Okra	Radishes
Beans	Cucumber	Onion	Soy
Broccoli	Eggplant	Parsley	Cauliflower
Brussels sprouts	Peas	Garlic	Lemon
Cabbage	Potatoes	Squash	Lime

Greens: (beets, collard, kale, lettuce, mustard, spinach & turnip)

MEATS

Beef	Duck	Pheasant	Cornish hen
Chicken	Fish	Pork	Lobster
Clam	Goose	Quail	Veal
Lamb	Rabbit	Shrimp	Turkey
Crab	Oyster	Tuna	Eggs

BEVERAGES

Water
Decaffeinated coffee
Decaffeinated Herb Teas
Tomato juice V8
Diet Pop (with no fruit juice or caffeine)

NUTS, SEEDS, OILS

Almonds	Filberts	Sesame seeds
Brazil nuts	Pecans	Sunflower seeds
Cashews	Walnuts	Pumpkin seeds

Oils (almond, avocado, corn, linseed, olive, sesame, safflower, sunflower, canola, and soy)

WHOLE GRAINS

Rice (brown)	Rye	Millet
Barley	Wheat	Oats Buckwheat

MISCELLANEOUS

Triscuits	Potato chips	Corn Chips (plain)	NutiSweet Jello
Stevia	Xylitol	Splenda	Shredded wheat
Butter			

FOODS THAT MUST BE AVOIDED

Anything sweetened with sugar, cane juice, honey, molasses, maple syrup, rice syrup, maltodextrin, fructose, corn syrup, dextrose, etc.
Alcoholic beverages
Beets
Berries and related juices
Buttermilk
Carrots
Cheeses
Caffeinated Coffee & Tea
Cold Cereal (read label – most contain some form of honey or sugar)
Cottage Cheese
Crackers
Dried & candied fruits
Flour enriched with vitamins from yeast
Fruit & fruit juices (except lemon & lime)
Malt products
Margarine
Milk – or anything made with milk
Mushrooms
Packaged & processed foods
Peanuts & pistachios
Pretzels
Processed & smoked meats
Most seasoning salts (read labels)
Soy milk
Soy sauce
Vinegar-containing foods (catsup, mustard, mayonnaise, salad dressings, pickles...)
Vitamin/Minerals from yeast source (read label – check for “Yeast & sugar free”)
Yeast (anything containing yeast, i.e. breads, pastries, etc..)