

CANDIDA DIET

List of Foods to Avoid Entirely

Sugar

Refined sugar is thought to encourage the growth of Candida yeast.

Foods containing refined sugar include: white sugar, brown sugar, honey, maple syrup, corn –rice-barley malts, agave syrup, maple sugar, molasses, date sugar, turbinado, raw sugar, demerrara, amasake, rice syrup, sorghum etc..

Read labels carefully because there may be hidden forms of sugar. When reading the label, words to watch out for include: glucose, dextrose, sucrose, fructose, maltose, lactose, glycogen, mannitol, sorbitol, galactose, monosaccharide, polysaccharides, syrups etc..

Dairy Products

No dairy products are allowed (milk, cream, cheese, butter, keffir, yoghurt etc..). Watch out for hidden milk powder and lactose (the sugar from milk) in processed foods.

Foods Containing Gluten

Grains or Carbohydrates including gluten are wheat, barley, rye and oats. These are to be eliminated entirely. These also include products made with these ingredients such as breads, pasta, pastry, pizzas etc.. from the carbohydrates including gluten.

Fruit

No Fruit for the first 3-4 weeks. Fruit contain natural sugars that are thought to support the growth of yeast. Fruit that are typically eliminated include fresh, frozen, canned, and dried fruit and juice.

Yeast

Foods that contain yeast are typically eliminated. Yeast-containing foods include: Baker's yeast, Brewer's yeast, Engevita, Torula, and any other types of nutritional yeast.

Baked goods raised with yeast such as breads, rolls, crackers, bagels, pastries, and muffins are not permitted.

Starchy vegetables

Eliminate starchy vegetables such as potatoes and peas.

Vegetables that ferment easily

Cabbage family (broccoli, cauliflower, cabbage, Brussels sprouts etc..). Be careful to eat soup freshly cooked otherwise it has fermented most probably.

Vinegar

Broccoli, and the rest of the

Eliminate all types of vinegar, such as white vinegar, red wine vinegar, apple cider vinegar, rice vinegar, and balsamic vinegar, and any food made with vinegare, such as mayonnaise, commercial salad dressing, ketchup, Worcestershire sauce, steak sauce, BBQ sauce, shrimp sauce, soy sauce, mustard, pickles, pickled vegetables, green olives, relishes, horseradish, mincemeat, and chili sauce.

Mushrooms

Mushrooms are not allowed on Candida diets.

Peanuts, Peanut Butter, and Pistachios

Peanuts, peanut butter, and pistachios are thought to have mold contamination, which is why they typically aren't allowed on candida diets.

Alcohol

Alcoholic beverages contain sugar and therefore encourage the growth of yeast. All forms of alcohol are to be eliminated, such as red wine, white wine, beer, whiskey, brandy, gin, scotch, any fermented liquor, vodka, rum, and all liqueurs.

Coffee, Black Tea, Cider, Root beer

Includes regular coffee, instant coffee, decaffeinated coffee, and all types of black tea (including "fruit flavored" black tea).

Cider, root beer, and other fermented beverages are also typically eliminated.

All Cheeses

Especially to be avoided Aged, Moldy and Processed Cheeses. Roquefort and other aged, moldy or blue cheeses are not allowed on a typical Candida diet. Also eliminated are processed cheese such as cheese slices, Velveeta, Cheese Whiz, cream cheese, cheese snacks, and Kraft dinner.

Processed, Dried, Smoked, and Pickled Meats

These foods include smoked salmon, pickled herring, sausages, bacon, hot dogs, pastrami, bologna, sandwich meats, salami, corned beef, pickled tongue, and kolbassa.

All Packaged, Processed, and Refined Foods

Canned, bottled, packaged, boxed, and other processed foods containing yeast, refined sugar, refined flour, chemicals, preservatives, or food coloring.

Watch out for RESTAURANT FOODS – order salads (without dressing or cheese) or grilled meat/fish with steamed vegetables – it is the safest choice - make sure you tell them that no panning, sauces etc..