

Foods to Eat During Candida Diet

VEGETABLES

Asparagus	Okra
Avocado	Onions
Broccoli	Peppers
Brussel sprouts	Radish
Cabbage	Seaweed
Cauliflower	Spaghetti squash
Celery	Spinach
Collard greens	Sprouts – alfalfa, bean
Cucumber	Summer squash
Eggplant	Swiss chard
Garlic (raw)	Tomatoes
Kale	Turnip
Leeks	Zucchini

- Vegetables starve the Candida of the sugar and mold diet that feed it
- They also absorb fungal poisons and carry them out of your body
- Avoid starchy vegetables such as carrots, sweet potatoes, potatoes, yams, corn, acorn squash and pumpkin, beets, peas, parsnips and all beans except green beans
- You should buy your vegetables fresh and eat them raw, steam or grill them. Add a little garlic and onions for flavor as they are especially helpful with Candida

FRUIT

Green apples

Fresh berries – blackberries, blueberries, cherries, raspberries, strawberries

- other fruits have a high glycemic index and should be avoided

LIVE YOGURT CULTURES

Plain yogurt

Probiotics

- Live yogurt cultures (or probiotics) help your gut to repopulate itself with good bacteria
- The live bacteria in the yogurt will crowd out the Candida yeast and restore balance to your system
- Especially useful after a course of antibiotics, or when a patient is suffering from Candida
- Yogurt from goat and sheep milk is even better, as they tend to contain fewer chemicals
- Good bacteria will also produce antifungal enzymes that can help you fight
- **If drinking milk, take digestive enzymes**

PROTEINS

Beef

Chicken

Fish

Eggs

- Proteins almost completely free of sugars and mold, so they fill you up while restricting the Candida
- Eat fresh and organic meat if possible - processed meat like lunch meat, bacon and spam, is loaded with dextrose nitrates, sulphates and sugars
- Smoked or vacuum packed meats are also best avoided
- Most Atkins recipes will also work reasonably well in a Candida diet

NUTS AND SEEDS

Nuts and seeds that don't contain high mold content

- Nuts are a high protein food that starves Candida and restricts its growth
- **Avoid peanuts and pistachios as they tend to have a higher mold content**
- You can remove mold by soaking the nuts in water
- Another tip to remove mold - spray the nuts with a diluted grapefruit seed extract solution

NON-GLUTINOUS GRAINS

Buckwheat

Millet

Amaranth

Quinoa

Wild and brown rice

- Grains contain a high amount of fiber, excellent for keeping the colon clear so Candida doesn't get a chance to multiply.
- Grains also act like a pipe cleaner in your intestine, grabbing nasty toxins like pollutants, chemicals, pesticides and heavy metals on their way through.
- Try Bob Red Mills Gluten Free Flours, Biscuit mix, Pancake Mix, substituting Xylitol for sugar

SEASONING

Black Pepper

Salt

Sea Salt

Lemon Juice

SWEETNERS

Stevia

Xylitol (non-GMO)

Honey – *in limited amounts*

Agave Nectar – *in limited amounts*

HERBS AND SPICES

Basil	Ginger
Black Pepper	Nutmeg
Cayenne	Oregano
Cilantro	Paprika
Cinnamon	Rosemary
Cloves	Tarragon
Cumin	Thyme
Curry	Turmeric
Dill	
Garlic	

- Contain antioxidants and anti-fungal properties
- Increase circulation and reduce inflammation
- Improve digestion and alleviate constipation
- Most herbs and spices are beneficial in your fight against Candida
- They're great for livening up food if you're on a limited Candida diet

OILS

Virgin Coconut Oil	Safflower
Olive Oil	Sunflower
Sesame Oil	Coconut oil
Pumpkin seed oil	Coconut butter
Macadamia Oil	Ghee
Almond Oil	
Flax Oil	

- Use cold pressed oils
- Heating or boiling destroys many of the oils' nutrients

HERBAL TEAS

Cinnamon Tea
Clove Tea
Chamomile Tea
Pau D'arco Tea
Peppermint Tea
Ginger Tea
Licorice Tea
Lemongrass Tea

Organic Decaf coffee

- All of these herbal teas have antifungal properties

****Avoid yeast – any product with yeast in it should be avoided, including breads, cakes, muffins, etc.**

Foods to Avoid

FRUIT

Fresh Fruit

Dried Fruit

Canned Fruit

Fruit Juice

- * The high sugar content in fruit feeds Candida
- * Fruits like melon may also contain mold
- * A squeeze of lemon is OK

AGED CHEESE

Cheeses aged for 6 months or more

- * Holistic practitioners recommend that Candida sufferers dramatically reduce their dairy intake
- * Candida prevents the body from processing fat properly
- * Only aged cheeses need to be eliminated completely
- * A small amount of Swiss or Mozzarella cheese can be reintroduced in Stage 2

ADDITIVES & PRESERVATIVES

Citric Acid

Anything on the list of ingredients that you don't know or can't pronounce!

- * Citric acid is derived from yeasts
- * Chemicals can disrupt your friendly bacteria and allow the Candida yeast to flourish
- * Citric acid is often found in canned tomatoes
- * Non-organic food like meat or eggs can also contain residual levels of antibiotics and steroids that were used during the farming process

ALCOHOL

Wine

Beer

- * Alcohol is high in sugar that can feed the growth of the Candida yeast
- * Alcohol also puts stress on your organs and immune system
- * Mixing alcohol and Candida is like opening all your windows in a house fire - you don't want to feed the problem
- * Alcohol can be reintroduced in Stage 3, when the diet starts to work, but in small amounts

CAFFEINE / STIMULANTS

Coffee - caffeinated

Tea

Energy drinks

- * Caffeine, sugar and sweetener all kick-start Candida
- * Taurine in energy drinks is another culprit

GLUTINOUS FOODS

Anything made with wheat, rye, oats or barley, e.g. white bread, rye bread, pasta

Spelt products

- * Some Candida sufferers have high sensitivity to Glutens
- * Give your immune system a break and allow it to focus on the Candida

NUTS

Nuts that are high in mold, e.g. peanuts

- * Ingesting mold can promote a Candida outbreak
- * Nuts that were cracked a long time ago, for example sliced almonds, also have time to develop mold
- * If you like nuts, stick to freshly cracked or whole ones

MUSHROOMS / MOLDS

Mushrooms

Truffles

- * Candida loves to feed on mold and fungi
- * Leftover food can contain mold that will feed your Candida
- * If you can't buy fresh, keep leftovers frozen and then cook on a high heat in the oven (not the microwave)

CONDIMENTS

Ketchup

Mayonnaise

Mustard

Relish

Horseradish

Soy sauce

Salad dressings

- * Condiments tend to be high in sugar and can exacerbate your Candida
- * For an alternative salad dressing, try Paul Bragg's Liquid Aminos, or a simple olive oil and lemon juice dressing

SUGARS

Sugars

Honey

Syrup

Lactose

Sucrose

Fructose

Chocolate

- * Condiments tend to be high in sugar and can exacerbate your Candida
- * Stay away from soft drinks too
- * Read food labels to make sure your food doesn't contain sugar
- * Sweeteners can also make your Candida worse
- * **Sugar-free diet coke can feed your Candida as much as a sugary soft drink**

VINEGAR

All vinegars, except for Apple Cider Vinegar

- * Vinegar is made in a yeast culture, depletes the stomach of acids and can also cause inflammation in your gut
- * *One particular vinegar, unfiltered apple cider vinegar, can actually be helpful in combating yeast*

FATS AND OILS

Peanut oil

Cottonseed oil

Corn oil

Canola oil

Soy oil

Margarine

Shortening

- * Peanut, Cottonseed, Corn and Canola oil are mold contaminated
- * Most soy beans used in soy oil are GMO (if you really like it that's OK, but make sure you buy organic)
- * Margarine/Shortening contain toxic trans fats

Candida Diet: *Surviving and Thriving*



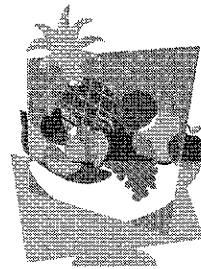
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What is Candida (yeast)?

- Single-cell living organisms which are a type of fungus
- Mildew, mold, mushrooms, and candida
- Live on surfaces – of fruits, vegetables, grains, and skin
- Are part of normal healthy microflora of the body

Client with Candida may have the following symptoms

- Feel sick all over
- Have taken antibiotics long-term for acne, infections, etc.
- Suffer from fatigue, headaches, possible depression
- Often feel “spaced out”
- Muscles ache and have digestive issues
- Crave sugar and/or alcohol
- Flatulence and bloating



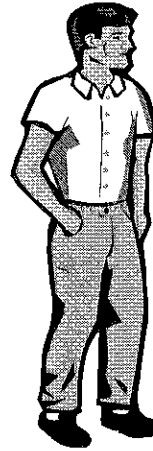
Candida symptoms - Female

- Dyspareunia (painful intercourse)
- Endometriosis
- Infertility
- Interstitial Cystitis
- Premenstrual syndrome (PMS)
- Recurrent urinary tract and vaginal yeast infections
- Sexual dysfunction
- Vulvadynia (burning vulva)



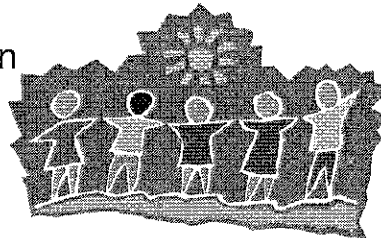
Candida symptoms - Male

- *Fatigue*
- *Headache*
- *Digestive symptoms*
- *Muscle and joint pain*
- *Depression*
- *Chemical and food sensitivities*
- *Sugar/alcohol craving*
- *Memory loss*
- *Sexual dysfunction*



Candida symptoms Infants and children

- Autism, Attention deficits and hyperactivity
- Constant colds and ear infections
- Digestive problems
- Food and chemical sensitivities
- Headache and fatigue
- Irritability and/or depression
- Poor school performance
- Sleep problems



Other Illnesses in Adults that may be yeast-related

- Crohn's disease
- Scleroderma (Body's immune system attacks it's own tissues)
- Numbness and tingling
- Myasthenia gravis
- Eczema
- Lupus erythematosus
- Psoriasis
- Multiple sclerosis
- Sinusitis
- Rheumatoid arthritis
- Acne and hives
- Asthma

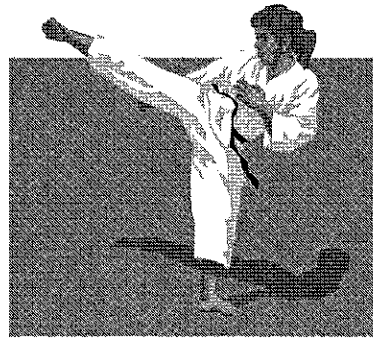


Factors That Can Cause Yeast Overgrowth

- Birth Control Pills
- Diabetes
- Genital irritations and wearing polyester underwear
- Hormonal changes associated with normal menstrual cycle
- Pregnancy
- Re-infection from your sexual partner
- Steroids taken orally, by injection or inhalation

How to Treat – Steps to Regain Your Health

- *Change your diet*
- *Control Chemical Exposure*
- *Exercise!*
- *Identify food sensitivities*
- *Take recommended supplements*

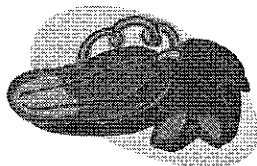


Change Your Diet – *Low Carb Vegetables To Eat Freely*

- Asparagus, beet greens, broccoli, Brussel sprouts, cabbage, carrots, cauliflower, celery, Swiss chard, Collards, cucumbers, Daikon, Dandelion, Eggplant, Endive, Garlic, Green pepper
- Kale, Kohlrabi, leeks, Lettuce (all varieties), Mustard greens, okra, onions, parsley, parsnips, bell peppers, radishes, rutabaga, shallots, snow peas, spinach, string beans, fresh tomatoes, and turnips

Change Your Diet Cont'd – Eat The Following

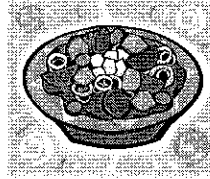
- **Yes- free-range, organic meats**, beef, chicken, turkey, veal, lean pork, lamb, cornish game hen, **wild game** ostrich, buffalo, and elk, **grains** millet, amaranth, quinoa, buckwheat, and, **organic corn**.
- **Foods to eat in moderation** – artichokes, **beans**, peas and legumes, beets, white potatoes, sweet potatoes, winter, acorn, or butternut squash, avocado, boniata (white sweet potato) breadfruit, celery root, and fennel.
- **Yes – Fruits – (1-2 times daily)** Green apples, blueberries, strawberries, raspberries, blackberries, **gluten-free flours** and flour mixes (Bob Red Mills – biscuit, pancake, almond, sorghum, coconut, flaxseed, amaranth, etc. – **no more than 1-2 servings per day**) **oils** - olive, walnut, virgin coconut, flaxseed, and almond, **fresh organic raw produce**, frozen organic vegetables, fresh, **fish and wild fish**, sardines, mackerel, cod, salmon, tuna, shrimp, lobster, crab, **organic eggs**, **nuts** - pecans, almonds, Brazil nuts, cashews, pumpkin seeds, filberts, and, flaxseeds, sunflower seeds **organic butter**.



Change Your Diet – Do Not Eat

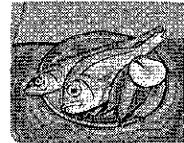
- **No** – sugar, corn syrup, white flour, yeast, sodas, anything containing gluten (Barley, Rye, Oats, or Wheat), sugar substitutes i.e., aspartame, splenda, saccharin, nutrasweet, or any sugar alcohols which do not break down in the body but do cause an insulin response, possibly gas, and may make sugar cravings more intense, fresh fruits high in sugar, dried and canned fruit nor fruit juices, aged cheeses, **peanuts** (Mold), **pistachios** (Mold), chocolate, and, alcohol.

Lunches -



- Chef's salad with nitrate-free meats (Central Market, Applegate's brands) organic vegetables, non-aged cheese, with olive oil and lemon juice dressing
- Tuna fish with chopped celery, pecans, salad with vegetables and Beanitos bean chips
- Beef patty, string beans and cauliflower drizzled with olive oil, and nuts.
- Meat and vegetable soup, gluten-free biscuit with meat, and steamed zucchini

Dinners



- Cornish game hen, steamed veggies, Chebe rolls
- Pork chops or lamp chops, collard greens, and brown rice
- Steak or hamburger patty, sauteed eggplant, and green vegetable
- Grilled salmon, broccoli, and a green apple

Hydration

- Drink at least 8 glasses of water a day
- No diet drinks
- No fruit juices
- Organic coffee and teas in moderation



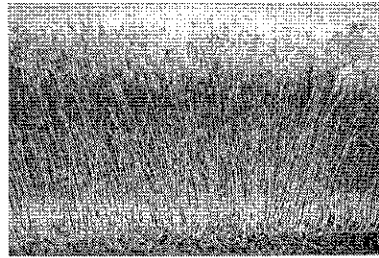
Breakfasts

- Protein shake with berries and coconut oil
- Gluten-free scone, nitrate-free lunchmeat, fruit
- Leftover steak, fruit, carrot, and nuts
- Paleo diet – Protein, fruit, and nuts



Control Chemical Exposure

- *Store harsh chemicals such as oven cleaner and solvents in the garage – instead of under the kitchen sink*
- *Use “green” cleaning products and laundry detergents that are not strongly scented*
- *Buy all organic fibers for bedding and clothing*



Possible Hidden Toxins in the Home

1. **Phthalates** – household products such air fresheners, dish soap and toilet paper. Look for the word “fragrance” on the label. *Phthalates are **Endocrine disruptors** – could cause low sperm count in men. While most of these would be inhaled fumes, if soap could go through skin and directly to organs.*
2. **Perchloroethylene** – drycleaning solutions, spot removers, carpet and upholstery cleaners. *Perc is a neurotoxin and EPA classifies it as a “possible carcinogen”. People living near drycleaners report feeling dizzy, loss of coordination, and other symptoms.*
3. **Triclosan** - antibacterial soaps and dishwashing detergent. *Promotes the growth of drug-resistant bacteria. Other studies have found dangerous levels of triclosan in rivers and streams where it is toxic to algae. May also disrupt hormone function.*



Possible Hidden Toxins in the Home - Continued

4. **Quaternary Ammonium Compounds (Quats)** - fabric softener liquids/sheets and most household cleaners labeled "antibacterial." *Help breed antibiotic-resistant bacteria, are a skin irritant and could cause the development of respiratory disorders.*
5. **2-Butoxyethanol** - window, kitchen and multipurpose cleaners. *Can cause sore throats and at high levels can contribute to narcosis, pulmonary edema, severe liver and kidney damage*
6. **Ammonia** - polishing agents for bathroom fixtures, jewelry and glass cleaner. *Can affect people who have asthma, the elderly with lung issues, and used regularly a person could develop chronic bronchitis and asthma.*
7. **Chlorine** - toilet cleaners, laundry whiteners, and tap water *Respiratory irritant and thyroid disrupter.*
8. **Sodium Hydroxide** - Oven cleaners and drain openers. *Can cause severe burns and sore throat that can last for days.*

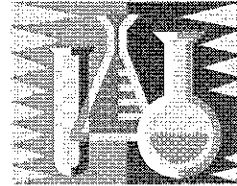
Exercise!

- *Do some type of aerobic exercise for 1 ½ to 3 hours per week in the morning*
- *Go walk at Lady Bird Lake*
- *Austin Trails - <http://www.ci.austin.tx.us/parks/traildirectory.htm>*



Test for Food Sensitivities

- Typically, if you suffer from Candida, chances are that you have a food sensitivity
- “Leaky gut “ When the intestinal wall becomes permeable, toxins and food allergens can easily pass through and go to other parts of the body, making a person feel sick all over
- Testing – we have many options for testing.



Supplements

- *Initial treatment will increase Candida die-off, causing malaise, and possible gastrointestinal distress*
- *Side effects will depend on amount of Candida present and treatment involved*
- *Supplements will depend on practitioner's preference client's sensitivity and type of yeast present*
- **Supplementation may be needed for low energy**



Bibliography

1. **The Yeast Connection Handbook**, Crook, William G., M.D. Text © 2000, Square One Publishers, Garden City Park, NY 11040.
2. **“Experience Life”** magazine, Life Time Fitness, 2902 Corporate Place, Chanhassen, MN 55317, October 2011, pp. 56-61