

ANTI CANDIDA DIET

		Starting Phase	Maintance Phase
Sugar	Allowed	None	Pure Maple Syrup, Honey (all in moderation), Molasses
	Banned	All Sugars excluded (high fructose corn syrup, sucrose, cane sugar, splenda, etc.)	Caution with cane sugar, but avoid corn and fructose sweeteners
Sweeteners	Allowed	Stevia	No Change
	Banned	Aspartame and Sacchine	No Change
Fruit	Allowed	Apples, Berries, Avocadoes, Grapefruit, Lemons, Limes, Fresh Coconut	Add: Other citrus fruits, melons
	Banned	All others including fruit juices	Minimize bananas and melons. Avoid processed juices. Dried
Meat	Allowed	Virtually all meat including wild fish, free range poultry and beef (fully grass fed is best) Wild game is very good too.	No Change
	Banned	Breaded meats. Grain or corn fed beef	No Change
Eggs	Allowed	All Types allowed (free range best)	All Types allowed
	Banned	Avoid egg substitutes and commercial eggs	No Change
Dairy	Allowed	Butter, organic, unsweetened whipping cream	Add: Organic cheeses, Organic plain yogurt, real sour cream, organic plain kefir
	Banned	Margarines and butter substitutes	No Change
Vegetables	Allowed	Mostly fresh, unblemished vegetables and freshly made vegetable juice. beans and peas, Yams, potatoes and legumes	No Change
	Banned	None	None
Beverages	Allowed	Bottled or filtered water, non-fruity or herb tea or Stevia sweetened lemonade or limeade, Kombucha. Green tea, Occassional coffee and black tea	No Change
	Banned	Regular or diet soda, sports drinks and energy drinks	No Change

Grains	Allowed	Oats, rice, quinoa, amaranth, millet, buckwheat	flour tortillas, pure sourdough bread (in moderation), corn
	Banned	Yeast breads, gluten, corn	No Change
Fermented Foods	Allowed	Apple cider vinegar, black & green olives, pickles	Soy sauce (fermented is better)
	Banned	None	None
Oils	Allowed	Olive, sesame, flax, virgin coconut (cold pressed is best)	No Change
	Banned	Partially hydrogenated, trans oils, corn and peanut oil, canola oil	No Change
Nuts	Allowed	Raw nuts including pecans, almonds, walnuts, cashews and pumpkin seeds, nut butters (peanuts in moderation)	No Change
	Banned	None	None
Beans	Allowed	All other beans	No Change
	Banned	Soy	None

Remark: Please read labels. Pickles, peanut butter and other foods can contain sugar, depending on the manufacturer.

In General Avoid: Antibiotics, Cortisone or Steroid products and Stress