

ANTI CANDIDA DIET

The Food List

<u>Treatment Phase</u>			<u>Maintenance Phase</u>
Sugar	<i>Allowed</i>	None	Pure maple syrup and honey (both in moderation), cane sugar (rare)
	<i>Avoid</i>	All sugars (high fructose corn syrup, sucrose, cane, sugar, Splenda, dextrose, etc.)	All others except those in the "allowed" section
Sweeteners	<i>Allowed</i>	Stevia	No change
	<i>Avoid</i>	Aspartame and Saccharine	No change
Fruit	<i>Allowed</i>	Apples, berries, avocados, pears, grapefruit, lemons, limes, fresh coconut	All fruits
	<i>Avoid</i>	All others including fruit juices	Avoid undiluted fruit juices
Meat	<i>Allowed</i>	Virtually all meat including wild fish, free range poultry and beef (fully grass fed is best); wild game is good, too	No change
	<i>Avoid</i>	Grain or corn fed beef	No change
Eggs	<i>Allowed</i>	All types allowed (free range is best)	No change
	<i>Avoid</i>	Egg substitutes and commercial eggs	No change
Dairy	<i>Allowed</i>	Organic butter	Add organic cheeses, organic plain yogurt, real sour cream, organic plain kefir, unsweetened whipping cream
	<i>Avoid</i>	Margarines and butter substitutes	No change
Vegetables	<i>Allowed</i>	All vegetables and freshly made vegetable juice	No change
	<i>Avoid</i>	None	None
Beverages	<i>Allowed</i>	Bottled or filtered water, unsweetened herb tea, Stevia sweetened lemon or limeade, kombucha, green tea, occasional coffee and black tea	No change
	<i>Avoid</i>	Regular or diet soda, sports drinks, energy drinks	No change
Grains	<i>Allowed</i>	Oats, quinoa, amaranth, millet, buckwheat, corn	Add gluten (if you tolerate it, but only in moderation), rice and sourdough breads
	<i>Avoid</i>	Yeast and sourdough breads, gluten, rice	Yeast breads
Fermented Foods	<i>Allowed</i>	Apple cider vinegar, black and green olives, pickles	Add soy sauce
	<i>Avoid</i>	None	None
Oils	<i>Allowed</i>	Olive, sesame, flax, virgin coconut (cold pressed is best)	No change
	<i>Avoid</i>	Partially hydrogenated oils, corn and peanut oil, canola oil	No change
Nuts	<i>Allowed</i>	Raw nuts including pecans, almonds, walnuts, cashews, pumpkin seeds, nut butters (all nuts)	No change
	<i>Avoid</i>	None	None
Legumes	<i>Allowed</i>	All peas, lentils, beans (except soy)	All OK (including soy)
	<i>Avoid</i>	Soy	None

NOTE: Please read labels! Pickles, peanut butter and other foods can contain sugar, depending on the manufacturer. Also, avoid products labeled as gluten-free such as pastas and breads as they often contain highly processed grains.

Jakob Jaggy, MD

To order more supplements, call 209-588-9966