

(1) An Anti-candida diet - Cut out all of the following: -

- sugar, all types: brown, white, syrup, molasses, honey, fructose, lactose, maltose, dextrose etc. Check all tins and packets, if the candida has caused an intolerance to yeast then cut out the following
- yeast products: bread, pizza, buns, breadcrumbs, marmite, Oxo, Bovril, Bisto, gravy mix etc. flavoured foods i.e. crisps and foods containing citric acid.
- Refined grains, white flour products, cakes, biscuit, pasta, cornflour, cereals etc. all prepared breakfast cereals except Shredded Wheat.
- cured and smoked products: bacon, meats, kippers etc.
- fermented products, vinegar, pickles, chutney, soya sauce, alcohol
- tea, coffee, ovaltine, chocolate, etc and all malted products
- cows milk, cheese cream except yoghurt and cottage cheese
- mushrooms
- peanuts and peanut products

Enjoy the following foods:-

Onions and garlic,

Fresh vegetables and their juices (beware of carrot juice it contains a lot of sugar),

Rice cakes, oat cakes (unmalted) ,Ryvita, sesame and original only,

soya milks, butter, cottage cheese and yoghurt.

herbs, mild spices,

freshly cracked nuts, seeds

water, fruit and herb teas

cold pressed oils

brown rice.

oats (porridge makes an excellent breakfast – make with water and serve with nuts, seeds and yoghurt)

meats, unprocessed preferably organic or free-range

fish preferably unprocessed, oily fish is best

eggs, lentils,

The Candida Diet No No's

Here is a list of **foods to avoid** while you are trying to treat yourself for yeast infection.

These are known foods which usually contain fungi in one form or another and when digested break down into simple sugars, which yeast, feeds on. There are also over 400

known fungi that can affect the health of the human body, so it is best to not introduce any of these other fungi into your body when fighting candida or yeast, give yourself the best chance you can.

The yeast infection diet calls for **NO** Fruits and fruit juices because of the sugar they contain except for:

Green apples, berries, avocados.

NO Breaded Meats...All others ok .

NO Egg substitutes...Eggs themselves are ok...organic is best since they contain the correct omega fatty acids ratio...with fertile if you can find them being the ideal.

NO Margarine and butter substitutes.

On the yeast infection diet, yogurt (especially made from goats or organic), cream cheese, sour cream made from real cream, unsweetened whipping cream, and butter are all ok.

NO Potatoes and legumes on the yeast infection diet due to the high sugar starch content when digested (includes beans and peas).

Fresh vegetables and freshly made vegetable juice ok.

NO Coffee or tea (regular or decaf), **NO** Diet or regular sodas, [Organic coffee](#) or tea if you must in moderation.

Bottled and reverse osmosis filtered water; distilled water is the best but should only be half of the water you drink, herb teas, fresh lemonade or lime-ade ok.

On the yeast infection diet **NO** Grains are allowed...this includes pasta, rice, corn, wheat, millet, quinoa, amaranth, buckwheat, oats, and barley.

Absolutely **NO** Yeasts allowed...this includes bread, mushrooms, pastries and alcohol, hydrolyzed yeasts...Read your labels.

NO Pickles, salad dressings, green olives or soy sauce...

Salad dressings made of olive oil, apple cider vinegar, water, and lemon juice are ok.

Unpasteurized apple cider vinegar and black olives not aged in vinegar are ok.

NO Partially hydrogenated oils including corn and peanuts.

[Coconut oil](#), olive, grape seed, and flax seed oils in a cold pressed formula when available is ok.

NO Peanuts on the yeast infection diet and all peanut products and pistachio nuts.

Raw nuts including pecans, almonds, walnuts, cashews and pumpkin seeds are ok.

NO VINEGARS These include ketchup, mustard, BBQ sauce, soy sauce, worcestershire sauce, pickles, pickled peppers, hot sauce, salad dressings, green olives, horseradish, dips, mayonnaise.

Braggs apple cider vinegar is ok because it contains malic acid which is a known yeast infection fighter.

It is best to avoid tuna, swordfish, shark, and shellfish because of high mercury content. You are probably thinking, wow, what am I going to eat on this candida diet?? I thought the same thing until I really checked it out. So here is a list of Good foods although not complete.

The Candida Diet and Good Vegetables

Good candida yeast diet vegetables are alfalfa sprouts, asparagus, bell peppers, brussel sprouts, all the cabbages are good for the candida diet including broccoli. Raw Carrots - If you cook carrots it raises the glycemic index to double that of a raw carrot. Other good candida yeast diet vegetables are celery, dandelion greens, eggplant, fennel, garlic, kelp, all the lettuces, onion, pumpkin, kale, spinach, and all the squashes. Turnip, greens, watercress, aloe vera, rhubarb.

The Candida Diet and Meats

Good meats for the candida yeast diet are beef, liver, sausage, buffalo, goat, lamb, pork, poultry and all other fowl both wild and domestic.

Good candida yeast diet seafood's are shrimp, octopus, snail, squid, anchovy, cod, halibut, flounder, red snapper, and wild salmon. Fresh water fish include catfish, caviar, pickerel, sturgeon, perch, white fish, bass, and all trout species are good on the candida diet.

I recommend [grass fed or organic meats](#) with no antibiotic exposure from grains or injections, seafood, wild fish-not farm raised, wild meats, goat, lamb, and [organic free range poultry](#).

Bologna, frankfurters, sausage, and salami can be eaten occasionally, read the labels looking for the addition of starches and sugars. Pork is not recommended because it is usually irradiated, but occasionally it won't kill you! Even I eat bacon and eggs on the weekends.

Most herbs are also ok, and be sure to use natural salt. Substitute with goat, lamb, poultry, or sardines since they are high in omega fatty acids if able on this diet. Natural peppermint teas will also be very soothing on your digestive system while on the

candida yeast diet since it helps manage yeast die off, as well as nausea, abdominal fullness, or pain. Try to drink four 8-ounce glasses of distilled water a day, and 4 glasses of bottled or spring water to keep the body flushed of toxins.

As you can see there is actually quite a lot you can eat. There is no reason to go hungry since you can eat all you want of these foods and not only kill the yeast infection, but the excess weight, if you have any, will disappear.

Candida Diet Breakfast Ideas

Good candida yeast diet foods for breakfast are eggs cooked any style with bacon on occasion, ham, steak, or chicken (Not breaded). Grapefruit and vegetable juices are good, especially fresh carrot juice with a clove of garlic. A person could get tired of eating eggs I must admit on the yeast diet so just treat breakfast as any other meal.

Have chicken salad, raw nuts or yogurt, just use a little imagination.

Candida Diet Lunch Ideas

For lunch have chicken salad or chicken, fish, beef patties with a vegetable basted in butter. Don't worry about fats on the anti-yeast diet since you need them for energy production for the body. That is how the body was originally designed to get its energy from. The body was never designed to use sugar from processed grains for fuel and this is what makes most people fat as well as feed candida and yeast.

Candida Diet Dinner Ideas

Just about anything goes on the candida diet for dinner as long as it is an allowed food.

Steak, fish, poultry, wild game, and pork are all ok as the main dish. Lightly steamed vegetables are best, not over done, but still crisp so you don't kill all the available enzymes in these foods. Herbal teas or water are ok to drink.

After two weeks you can add yams, legumes meaning beans and peas. Oats can be added along with brown rice, basmati rice, oatmeal, quinoa, amaranth, millet, buckwheat, barley, flour tortillas, and sour dough bread in moderation on the candida diet.

Don't worry if you feel like you are eating more try not to go hungry remember you are eating foods that take time to digest so constant grazing is ok to keep blood sugar levels up but not high.