

CANDIDA CONTROL DIET PROGRAM

1. Avoid ALL "junk food" (white sugar, white flour, soft drinks).
2. Include liberal amounts of nutritious food from a wide variety of sources.
3. Avoid ALL sugars, chocolate, honey, molasses, and maple syrup..
4. Avoid ALL fruits and fruit juices.
5. Try not to eat the same foods every day.
6. Feature low carbohydrate vegetables, seafood, lean meats, and eggs. You can include one serving of high carbohydrate vegetable OR a single portion of a whole grain at each meal.

FOODS YOU CAN EAT FREELY:

VEGETABLES:

Most of these vegetables contain lots of fiber and are relatively low in carbohydrates. They can be fresh or frozen and you can eat them cooked or raw: Asparagus, Beets, Broccoli, Brussels sprouts, Cabbage, Carrots, Cauliflower, Celery, Cucumber, Eggplant, Green pepper; Greens: spinach, mustard, beet, collard, kale; Garlic, Lettuce, Onions, Parsley, Radishes, Soybeans, String beans, Tomatoes, Turnips, Okra

MEAT & EGGS:

Chicken, Turkey, Beef, lean cuts, Veal, Pork, Lamb, Wild Game, Shrimp, Crab, Lobster, Tuna, other seafood, Salmon, Mackerel, Cod, Sardines, Eggs, other fresh or frozen fish that is not breaded

BEVERAGES:

Water and non-sweetened herb teas

FOODS YOU CAN EAT CAUTIOUSLY:

HIGH CARBOHYDRATE VEGETABLES:

Sweet corn, English peas. Squashes: winter, acorn, butternut, Lima beans, White potatoes (baked — not mashed or any other form), Sweet potatoes, Beans and Peas (dried and cooked)

WHOLE GRAINS:

Barley, Corn, Millet, Oats, Rice, Wheat.

BREADS, BISCUITS AND MUFFINS:

All breads, biscuits and muffins should be made with baking powder or baking soda as a leavening agent.

DAIRY:

Yogurt (sugar free), buttermilk, butter.

FOODS YOU MUST AVOID

SUGAR AND SUGAR CONTAINING FOODS:

Sugar and other quick-acting carbohydrates including sucrose, high-glucose corn syrup, fructose, maltose, lactose, glycogen, glucose, mannitol, sorbitol, galactose. Also avoid honey, molasses, maple syrup, maple sugar, and date sugar.

PACKAGED AND PROCESSED FOODS:

Canned, bottled, boxed and other packaged and processed foods usually contain refined sugar products and other hidden ingredients.

BREADS, PASTRIES AND OTHER RAISED BAKERY GOODS.**MILK AND CHEESES:**

Avoid moldy cheeses such as Roquefort, Gorgonzola, and Stilton.

ALCOHOLIC BEVERAGES:

Wine, beer, whiskey, brandy, gin, rum, vodka and other fermented liquors and beverages such as cider and root beer.

CONDIMENTS, SAUCES & VINEGAR-CONTAINING FOODS:

Mustard, ketchup, Worcestershire, Accent (monosodium glutamate); steak, barbecue, chili, shrimp and soy sauces; pickles, pickled vegetables, relishes, green olives, sauerkraut, horseradish, mincemeat, tamari; vinegar and all kinds of vinegar-containing foods such as mayonnaise and salad dressing especially fat-free dressings which are high in carbohydrates. (Freshly squeezed lemon juice may be used as a substitute for vinegar in salad dressings prepared with unprocessed vegetable oil.)

MALT PRODUCTS:

Malted milk drinks, cereals and candy. (Malt is sprouted grain that is kiln-dried and used in the preparation of many processed foods and beverages.)

PROCESSED AND SMOKED MEATS:

Pickled and smoked meats and fish including sausages, hot dogs, corned beef, pastrami and pickled tongue.

EDIBLE FUNGI:

All types of mushrooms, morels and truffles.

MELONS:

Watermelon, honeydew melon and especially cantaloupe.

COFFEE AND TEA:

Regular coffee, instant coffee and tea

FRUIT JUICES AND SODAS:

Canned, bottled or frozen, including orange juice, grape juice, apple juice, tomato juice, pineapple juice. All sodas.

DRIED AND CANDIED FRUITS:

Raisins, apricots, dates, prunes, figs, pineapple.

LEFTOVERS:

Molds grow in leftover food unless it is properly refrigerated. Freezing is better.