

Candida Diet Guidelines

Foods to Enjoy

The following lists will give you a general guideline of what foods will be beneficial to your body as well foods to avoid because they promote yeast overgrowth. Because everyone's body is different please choose the foods that are the best fit for you and that give you good results. Listen to your body; it will tell you what it needs.

Beverages

- Aloe vera juice: up to 2 ounces per day
- Bone broth
- Coconut water: up to 8 ounces per day
- Dandy Blend (coffee substitute)
- Golden Milk (see recipe)
- Green juices (without fruit)
- Green or herbal tea
- Mineral water with berries, lemon, lime, cucumber, or mint
- Sparkling water as an occasional treat
- Turmeric Ginger Lemonade (see recipe)
- Unsweetened coconut, almond, hemp, or pea milk (without carrageenan)

*Aloe vera juice kills yeast cells. Use it moderately if you feel inflamed, bloated, or constipated. Mix 1-2 oz in a smoothie or a bit of water before bed for a few weeks.

Tip:

It can be hard to give up your morning coffee if you are used to sipping as you wake up. Green tea or dandelion tea with or without a bit of coconut milk can help calm cravings.

Condiments, Flavorings, and Seasonings

- Cacao nibs/powder, carob, camu camu powder, medical mushroom powder, or maca powder
- Cardamom
- Ceylon cinnamon
- Garlic
- Ginger



- Herbs and spices: use liberally oregano, parsley, cumin, fennel, dill, basil, rosemary, and thyme
- Himalayan salt, Celtic sea salt, pepper
- Mayonnaise (choose a healthy version)
- Turmeric

Fruits

- Berries, pomegranate
- Green apples
- Lemon, lime
- Avocado
- Grapefruit
- Olives (without vinegar)
- Plantains, plantain chips
- Slightly green bananas, green banana flour

Grains, Gluten-Free

In moderation

- Black rice, wild rice
- Brown rice
- Quinoa
- Tapioca
- Teff
- Pasta (brown-rice, buckwheat, quinoa, or lentil pasta; limit to once a week)

Legumes

- Adzuki beans, black beans, garbanzo beans, pinto beans
- Lentils, split peas
- Green peas

Nuts and Seeds

- Almonds, almond flour, Brazil nuts, cashews, macadamia nuts, pecans, walnuts
- Chia seeds, fresh ground flax, hemp, pumpkin, sesame, sunflower
- Unsweetened coconut products: coconut flakes, fresh coconut, coconut wraps, coconut flour



Oils and Fats

For Cooking:

- Avocado oil, duck fat, ghee, grass-fed or pastured butter, raw butter
- Organic unrefined coconut oil

For Salads:

- Expeller/cold pressed oils: avocado, flax, macadamia, sesame, walnut
- Extra virgin olive oil

For Spreads or Smoothies:

- Avocado, coconut butter or manna, coconut cream
- Organic unrefined coconut oil
- Ghee, grass-fed or pastured butter, raw butter

Animal Proteins

- Bison, buffalo
- Eggs (pasture-raised)
- Grass-fed beef, lamb
- Organic chicken, turkey, game hens
- Wild fish: salmon, small halibut, cod, snapper, and sole

Protein Powders

- Collagen powder
- Whey or goat's whey protein powder
- Hemp protein powder, pea protein powder, other plant-based protein

Sweeteners

- Dark liquid stevia
- Monk fruit (just like sugar)
- Chicory root (just like sugar)

Vegetables, Low-Starch

- Arugula, butter lettuce, chard, collard greens, dandelion greens, mustard greens, red and green leaf lettuce, romaine lettuce, spinach, etc.
- Bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, kale
- Artichokes, asparagus, celery, cucumber, green beans, onions, peppers, radishes, snow peas, summer squash, zucchini, eggplant, etc.
- Sea vegetables, from Korea



Vegetables and Roots, High-Starch

- Pumpkin, acorn, butternut, spaghetti and other squashes
- Carrots, celery root, parsnips, rutabaga, turnips
- White potato - limit to 1/2 cup serving (it becomes a resistant (good) starch when cooked and cooled), unmodified raw potato starch
- Cassava chips, cassava root flour, cassava wraps

Foods to Avoid

Beverages

- Alcohol
- Any beverage containing carrageenan
- Black tea
- Coffee and Teeccino
- Fruit juices
- Kefir
- Kombucha

Condiments, Flavorings and Seasonings

- All products containing vinegar or sugar (BBQ sauce, ketchup, prepared mustard, salad dressings, etc).
- Fermented products (coconut aminos, miso, tempeh, tamari, soy sauce)
- Sauerkraut, kimchi
- Brewer's yeast or any products containing yeast
- Citric acid, MSG
- Carrageenan

Dairy Products

- All dairy products EXCEPT grass-fed or pastured butter, raw butter, ghee and top-quality whey protein powder (if your body handles it well)

Fruits

- All fruits EXCEPT those listed in "Foods to Enjoy"
- Dried fruits (except goji berries)



Grains

- Amaranth • Barley • Buckwheat • Corn
- Millet • Oats (use gluten free after 2 months)
- Processed grain products (including gluten free)
- White rice • Rye • Wheat

Legumes

- Kidney Beans
- Soybeans and soy products

Nuts and Seeds

- Peanuts • Pistachios

Oils and Fats

- Fried foods (unless fried in coconut oil)
- Highly refined oils: canola, corn, soy
- Hydrogenated oils

Animal Protein

- Conventional meat products • Farmed fish and other seafood
- Processed or smoked meats • Pork • Tuna

Sweeteners

- Artificial sweeteners, sugar alcohols, xylitol
- Agave, coconut sugar, corn syrup, date sugar, fructose, honey, maple syrup, cane sugar, etc.

Vegetables

- Mushrooms (except shiitake and maitake or medical mushroom powders)
- Tomatoes (avoid during the first 2 weeks)
- Sweet potato, yam

The voice you *listen* to is the one you *belong* to.

