**Candida Control Diet**

**ALLOWED FOODS TO EAT FREELY**

**Animal Protein**

chicken, fish, beef, turkey, pork, lamb, wild game, crab, eggs. Make sure that the fish is not breaded, that meats are not processed with fillers, etc. Best to use grass-fed, organic animal products.

**Vegetables:**

*Fresh, frozen, stir-fried, on the grill, raw, or cultured.* Asparagus, avocados, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cucumber, eggplant, peppers, spinach, mustard greens, beet greens, collard greens, kale, turnip greens, zucchini, lettuce, onions, parsley, radishes, string beans, tomatoes, turnips, okra, etc.

**Beverages:**

Water, mineral water, decaffeinated teas, decaf coffee, and non-sweetened herbal teas

**Herbs and Spices:**

Can freely use fresh herbs, salt, pepper.

**Lemon, & Lime Juice**

Can use freely.

**Oils and Fats**

Butter, ghee, olive oil, canola oil, safflower oil, sunflower oil, coconut oil, flax oil, hemp oil, avocado, avocado oil, mayonnaise.

**Fermented Vegetables**

Sauer kraut, kim chee, olives, other naturally fermented vegetable

**Dairy** (If you aren’t sensitive, you can eat the following without restriction)

Yogurt, kefir, buttermilk, butter

**ALLOWED FOODS TO EAT CAUTIOUSLY**

You can have one serving of these foods at each meal (about half a cup)

**High Carbohydrate Vegetables**

Winter squash, potato, sweet potato/yams, peas.

**Whole Grains**

Millet, rice, quinoa, amaranth, teff

**Nuts, Seeds** (Some people react to molds on nuts and seeds. If you do, avoid. If not, eat freely. Examples: walnuts, almonds, pecans, flax seeds, chia seeds, pumpkin seeds, sunflower seeds, chestnuts, etc. Nuts and seeds may be easier to digest if soaked first.

**Fruits, Fruit juices, Fruit drinks: 0-2 servings of fruits a day**

Best fruits are berries: ½ cup

Apples

NO dried fruits. No juice. No coconut juice.

**FOODS TO AVOID**

**Sugars**

Sucrose, high-fructose corn syrup, fructose, maltose, lactose, glucose, mannitol, sorbitol, galactose, honey, molasses, maple syrup, maple sugar, date sugar, agave, etc. Sodas, fruit juices, pastries, cookies, cakes, ice cream, etc.

**Packaged Processed Foods**

Canned, boxed, packaged foods.

**Condiments**

Especially avoid condiments with vinegars, sugars, MSG. Typically includes pickles, barbeque sauce, mustard, ketchup, Worcestershire sauce, soy sauce, pickles, relishes.

**Processed and Smoked Meats**

Lunch and deli meats, fish sticks, frozen breaded fish, hot dogs, sausages, corned beef, pastrami, pickled tongue.

**Dried or Candied Fruits**

**Alcohol**

Avoid beer and wine. If you must drink, drink distilled liquor.

*2011*

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