

CANDIDA DIET

FOODS TO AVOID

YEAST FOODS	
<p>Mold, yeast, mushroom, and fungus are all terms related to the yeast problem. Things that have been fermented aged, pickled, yeasted, malted, risen, and even leftovers can harbor mold antigens that the body recognizes as belonging to or looking similar to Candida.</p>	
breads	buns
rolls	mushrooms
pastries	bagels, fresh & frozen
ALCOHOL	
wine	beer
whiskey	brandy
PREPARED DRINKS	
apple cider	root beer
all soft drinks	coffee, all types
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all soft drinks	coffee, all types
teas, all types	herb teas
(Organic Chinese or Japanese green tea is allowed)	
CONDIMENTS COMMERCIAL SALAD DRESSINGS	
mustard	catsup
soy sauce	Worcestershire sauce
pickles	pickled relishes
green olives	black olives
sauerkraut	horseradish
vinegar, all types	salad dressings, vinegar-based
mayonnaise	canola oil
soy oils	cottonseed oil
all grocery-store oils	

SUGAR																						
<p>Watch for sugar and sugar-containing foods. Read labels to see what is really hidden in the food.</p>																						
<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; padding: 5px;">sucrose</td> <td style="width: 50%; padding: 5px;">fructose</td> </tr> <tr> <td style="padding: 5px;">maltose</td> <td style="padding: 5px;">lactose</td> </tr> <tr> <td style="padding: 5px;">glycogen</td> <td style="padding: 5px;">glucose</td> </tr> <tr> <td style="padding: 5px;">mannitol</td> <td style="padding: 5px;">sorbitol</td> </tr> <tr> <td style="padding: 5px;">galactose</td> <td style="padding: 5px;">monosaccharides</td> </tr> <tr> <td style="padding: 5px;">honey</td> <td style="padding: 5px;">polysaccharides</td> </tr> <tr> <td style="padding: 5px;">molasses</td> <td style="padding: 5px;">maple syrup</td> </tr> <tr> <td style="padding: 5px;">maple sugar</td> <td style="padding: 5px;">date sugar</td> </tr> <tr> <td style="padding: 5px;">rice syrup</td> <td style="padding: 5px;">turbinado sugar</td> </tr> <tr> <td style="padding: 5px;">barley malt syrup</td> <td style="padding: 5px;">aspartame (Equal or Nutrisweet)</td> </tr> <tr> <td style="padding: 5px;">saccharin</td> <td></td> </tr> </table>	sucrose	fructose	maltose	lactose	glycogen	glucose	mannitol	sorbitol	galactose	monosaccharides	honey	polysaccharides	molasses	maple syrup	maple sugar	date sugar	rice syrup	turbinado sugar	barley malt syrup	aspartame (Equal or Nutrisweet)	saccharin	
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SAFE SUGAR SUBSTITUTE																						
<p>Stevia is the only sweetener that is safe for a person fighting Candida. This leaf of a small shrub has been used for over 100 years by native populations, and is 10-15 times sweeter than common sugar from sugar cane. Stevia is available in many health food stores in either liquid or powdered form.</p>																						
DAIRY PRODUCTS / CHEESE																						
<p>All cheeses contain molds. Almost all dairy products, except for pure unsalted butter and ghee. When in doubt, leave it out. Read all labels as dairy products are in prepared foods.</p>																						
FRUITS																						
<p>Avoid all fruits until you kill sufficient yeast. Freshly prepared juices and whole fresh fruits may be used after the first three weeks on the strict diet, but only after you are totally free of symptoms. Many people find they cannot tolerate fruits with other like grains, because the combination sets up a fermentation reaction. In this case, eat fruits alone, between meals, and have no other foods an hour before or afterward. Test fruits by eating one kind of fruit every 2-4 days.</p>																						