

CANDIDA DIET

FOODS TO EAT FREELY (Page 1)

ANIMAL	
MEAT	
beef	veal
pork	lamb
rabbit	venison
buffalo	any game animals
POULTRY	
chicken	Cornish hen
duck	goose
turkey	
eggs (preferably free-range, organic)	
FISH & SEAFOOD	
All foods from the water are fine if not breaded.	
Try to avoid farmed.	
VEGETABLES	
Be sure all vegetables are washed well before eating to get rid of surface yeasts or molds.	
UNLIMITED	
artichoke, globe	spinach
artichoke, Jerusalem	turnip
asparagus	watercress
beets	jicama
broccoli	kohlrabi
brussels sprouts	okra
cabbage, green or red	onion, Bermuda, pearl
cabbage, Chinese	onion, Spanish, sweet
cabbage, savor	onion, yellow, red or white
carrots	leeks
cauliflower	scallions
celery	shallots
celery root	parsley root
cucumber	parsnips
eggplant	pea pods
garlic	peppers, sweet and hot
greens, all lettuces	radishes, all types
beet greens	rutabaga
bok choy	string beans, green or Italian
chives	string beans, yellow wax
collards	summer squashed, all types
dandelion	tomatoes (fresh only)
kale	turnips
mustard greens	zucchini
parsley	
LIMITED	
Higher in carbohydrates, so limit to one small serving per meal from each group (A - B - C)	
Starches	
sweet corn	sweet potato / yam
white potato	squash, winter, acorn, squash, butternut

VEGETABLES (Cont'd)	
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Dried Beans and Peas (cooked)	
aduki	navy
black	pinto
garbanzo (chickpea)	soy, fresh green
lentil (green & red)	soy, dried beans
kidney	tofu
lima beans	green peas
Whole Grains (Grass & Weed Families)	
barley	wheat
millet	amaranth
oats	buckwheat
rice, brown and wild	quinoa
rye	teff
Broken Grains (Flours)	
--Intake should be limited to one portion a day.	
--Whole wheat or unbleached, organic unbromated white flour is best for quick breads, biscuits, or muffins made with aluminum-free Rumford baking powder or baking soda.	
--Whole wheat pastas (bought in health food store)	
--Commercial products: rice cakes, Ryvita Crispbread, Kavali Crispbread (be sure to check ingredients as some do have yeast)	
--Organic German flatbreads made with linseeds	
--Massa bread made from sprouted grains (health food stores)	
REMEMBER: NO YEAST. Bulgur, couscous, kamut and spelt are wheat derivatives that have been processed and belong in this category. Wait a month after beginning the diet before using any of these foods.	
SEEDS and NUTS	
Choose smooth-skinned seeds and nuts only, like almonds and sunflower seeds. Avoid any ridges as in pecans & walnuts that hide mold.	
Nuts	
almonds, homemade almond milk* or almond butter*	
cashews, homemade cashew milk* or cashew butter*	
brazil nuts	
filberts	
Seeds	
flax seed (linseed)	
pumpkin	
sunflower	
sesame, sesame tahini (butter), sesame milk	
NOTE: All seeds and nuts should be fresh, unroasted, unsalted, and preferably still in their shells. It is easy to roast seeds & nuts at home in a skillet or the oven, and doing so will kill any mold that might be present.	
Fresh nuts & seeds as well as nut butters can be found at a good health food store.	
*Recipe for this item is at end of Page 2	