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, Iean 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 Stiltin.

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.