

## NON-DEFINITVE, NON-EXAUSTIVE LIST OF VARIOUS CANDIDA DIET DO'S AND DON'TS

### [TheCandidaDiet.com](http://TheCandidaDiet.com)

**This is the 'YES list'.**

#### NON-STARCHY VEGETABLES

Artichokes  
Asparagus  
Broccoli  
Brussels sprouts  
Cabbage  
Celery  
Cucumber  
Eggplant  
Garlic (raw)  
Kale  
Onions  
Rutabaga  
Spinach  
Tomatoes  
Zucchini

#### LOW SUGAR FRUITS

Avocado  
Lemon  
Lime  
Olives

#### NON-GLUTINOUS GRAINS

Buckwheat  
Millet  
Oat bran  
Quinoa  
Teff

#### HEALTHY PROTEINS

Anchovies  
Chicken  
Eggs  
Herring  
Salmon (wild)  
Sardines  
Turkey

#### SOME DAIRY PRODUCTS

Butter & Ghee  
Kefir  
Yogurt (probiotic)

#### LOW-MOLD NUTS & SEEDS

Almonds  
Coconut  
Flax seed  
Hazelnuts  
Sunflower seeds

#### HERBS, SPICES, ETC

Apple cider vinegar  
Basil  
Black pepper  
Cinnamon  
Cloves  
Coconut aminos  
Dill  
Garlic  
Ginger  
Oregano  
Paprika  
Rosemary  
Salt  
Thyme  
Turmeric

#### HEALTHY FATS & OILS

Coconut oil (virgin)  
Flax oil  
Olive oil  
Sesame oil

#### NO-SUGAR SWEETENERS

Erythritol  
Stevia  
Xylitol

#### FERMENTED FOODS

Kefir  
Olives  
Sauerkraut  
Yogurt

#### DRINKS

Chicory coffee  
Herbal teas

**The MAYBE List from The [CandidaDiet.com](http://CandidaDiet.com). Eat in small amounts at the**

**beginning then slowly increase.**

#### VEGETABLES

Beans  
Beets  
Carrots  
Corn (non-GMO)  
Peas  
Potatoes  
Pumpkin  
Yams

#### FRUITS

Apples  
Apricots  
Blackberries  
Blueberries  
Grapefruit  
Oranges  
Peach  
Pears  
Strawberries  
Watermelon

#### GRAINS & PSEUDO-GRAINS

Amaranth  
Black rice  
Brown rice  
Wild rice

#### RED MEATS

Beef  
Lamb  
Venison

#### NUTS

Nut milks, Nut butters  
Peanuts  
Pistachios  
Walnuts

#### FERMENTED FOODS

Kombucha & Kvass  
DRINKS Decaf coffee  
Green tea  
Vegetable juice  
Vegetables

## Specific Carbohydrate

### Diet

This is a quick summary of  
Please [check the official list](#) before eating something.

#### **Eat This:**

##### **Allowed Meats:**

Eggs  
Chicken  
Turkey  
Beef  
Fish  
Pork  
Wild Game  
Bacon  
Lamb

**Allowed Vegetables:** Fresh or frozen of most commonly eaten vegetables are acceptable such as:

Asparagus  
Beets  
Broccoli  
brussel sprouts  
cabbage  
cauliflower  
carrots  
celery  
cucumbers  
eggplant  
garlic  
kale  
lettuce  
mushrooms  
onions  
peas  
peppers  
pumpkin  
spinach  
squash  
string beans  
tomatoes  
watercress)

[Click here for others](#)

**Allowed Fruits:** Commonly found Fresh or Frozen or dried with nothing added are acceptable such as:

Apples  
Avocados  
bananas (ripe with black spots)  
berries of all kinds  
coconut  
dates  
grapefruit  
grapes  
kiwi fruit  
kumquats  
lemons  
limes  
mangoes  
melons  
nectarines  
oranges  
papayas  
peaches  
pears  
pineapples  
prunes  
raisins  
rhubarb  
tangerines)

[Click here for others](#)

##### **Dairy:**

SCD Yogurt  
natural 30-day aged Cow and Goat cheeses  
Butter  
Ghee  
Dry Curd Cottage Cheese

##### **Nuts:**

Almonds  
Pecans  
Brazil nuts  
Hazelnuts  
Walnuts  
Cashews  
Chestnuts

##### **Legumes:**

Peanuts  
White beans  
Navy Beans  
Lentils  
Split Peas  
Lima beans  
Kidney beans  
Black beans

**Spices:** Most non-mixed spices are allowed, screen for anti-caking agents

##### **Drinks:**

Weak tea or coffee  
Water  
Mineral Water  
Club soda  
Dry Wine  
Gin  
Rye  
Scotch  
Bourbon  
Vodka

##### **Sweeten With:**

Honey

##### **Don't Eat This:**

**No CEREAL GRAINS:** Wheat, Barley, Corn, Rye, Oats, Rice, Buckwheat, Millet, Triticale, Bulgur, Spelt, Quinoa

**Not Allowed Meats:** Ham, Processed Sausages, Lunch meats, Bratwurst, Turkey dogs, Hot dogs

##### **Not Allowed**

**Vegetables:** Canned are not allowed due to the usual addition of sugars, processing aids and preservative chemicals.

## NON-DEFINITIVE, NON-EXHAUSTIVE LIST OF VARIOUS CANDIDA DIET DO'S AND DON'TS

**Not Allowed Fruits:** Canned and most fruit juices are not allowed due to the common addition of sweeteners, preservatives, and processing aids.

### **Not Allowed**

**Legumes:** Soybeans, chick peas, bean sprouts, mungbeans, fava beans, garbanzo beans

**Dairy:** Commercial yogurts, milk of any kind, unnatural cheeses (Kraft and most other mainstream shredded cheeses fall into this group), all of the following cheeses: Cottage, Cream, Feta, Gejetost, Mozzarella, Neufchatel, Primost, Ricotta, Processed cheese spreads.

**Starches/Tubers:** Not allowed including Potatoes, Yams, Sweet potatoes, Arrowroot, Parsnip, Cornstarch, tapioca starch

**Spices:** No Curry powders, Most Onion and Garlic powders are filled with anti-caking agents

### **Not This:**

Instant coffee, Most commercial juices, Milk, Soda Pop, Sweet Wines, Flavored Liqueurs, Brandy, Sherry

### **Not This:**

Sugar of any kind (Cane, Coconut, Table, etc), Agave syrup, Maple syrup, artificial sweeteners.

## [CandidaYeastInfection.co](http://CandidaYeastInfection.com)

### [m](http://CandidaYeastInfection.com)

### **Candida Killers:**

Asparagus  
Avocado  
Celery  
Eggplant  
Okra  
Peppers  
Radish  
Spinach  
Tomatoes  
Zucchini

**Eat:** All fresh vegetables — a large variety, raw or lightly steamed is best; be sure to include dark green leafy vegetables.

**Fresh protein** at every meal, including:

Beef  
Chicken  
Fish  
Turkey  
Eggs  
Shellfish.

**Complex carbohydrates,** including:

Rice, Brown & Wild  
Buckwheat  
Barley  
Millet  
Couscous  
Whole grain oatmeal  
Millet Bread  
Un sugared oatmeal or rice cereals

### **Beans:**

kidney  
lima  
red beans  
green beans

### **Pasta:**

whole wheat  
spelt  
corn  
rice

### **Nuts and Seeds**

#### **Fats:**

Olive oil  
Sesame oil  
Coconut oils  
Organic butter

#### **Beverages:**

Mineral or spring water  
Rice milk  
Unsweetened nut milks

**Fruit** (sparingly).

Grapefruit  
sour tangerines  
lemons  
berries

#### **Dairy:**

Live yogurt cultures

**Avoid** starchy vegetables such as carrots, sweet potatoes, potatoes, yams, corn, all squash **except** zucchini, beets, peas, parsnips, all beans (except kidney, lima, red and green beans.)

**Avoid** grapes, raisins, dates, prunes and figs.

**Avoid** Processed meat, like lunch meat, bacon and spam,

**Avoid** Beer, wine, and all other forms of alcohol  
White flour products,

## NON-DEFINITIVE, NON-EXHAUSTIVE LIST OF VARIOUS CANDIDA DIET DO'S AND DON'TS

Hi sugar condiments such as mustard, salad dressings, pickles, barbeque sauce, mayonnaise, Honey, maple syrup, brown sugar, agave, Fruit juices (canned, bottled, or frozen)  
Dried fruits  
All processed sugar  
Anything containing high-fructose corn syrup  
High glycemic index foods

### **Common Sense About the Candida Diet**

*Common sense about the candida diet falls somewhere in between the extreme diet recommendations where you exist on meat and green vegetables and that's about all — and the folks who say you don't need to diet at all.*

*Stay away from all types of sugars and refined carbohydrates.*

### [TheYeastConnection.com](http://TheYeastConnection.com)

#### **The YES List:**

Asparagus  
Beet greens  
Bell peppers  
Broccoli  
Brussels sprouts  
Collard greens  
Daikon  
Dandelion  
Eggplant  
Cabbage  
Carrots  
Cauliflower  
Kale  
Kohlrabi  
Leeks  
Lettuce (all varieties)  
Mustard greens  
Okra  
Onions  
Parsley  
Parsnips  
Celery  
Endive  
Garlic  
Radishes  
Rutabaga  
Shallots  
Snow peas  
Soybeans  
Spinach  
String beans  
Swiss chard  
Tomatoes, fresh  
Turnips  
  
Beef, lean cuts  
Chicken  
Cod  
Lamb  
Mackerel  
Other fresh or frozen fish  
Pork, lean cuts

Salmon  
Shellfish: shrimp, lobster, crab  
Tofu  
Tuna  
Turkey  
Veal  
Wild game

#### **Nuts, Seeds and Oils (unprocessed)**

Almonds  
Brazil nuts  
Cashews  
Filberts  
Flaxseeds  
Pecans  
Pumpkin Seeds  
Sardines  
Butter (in moderation)  
Oils, cold-pressed and unrefined:  
Corn, Olive, Safflower, Soy, Sunflower, Walnut

#### **The LIMITED List:**

Artichoke  
Avocado  
Beans, peas and other legumes  
Celery root (celeriac)  
Fennel  
Beets  
Boniata (white sweet potato)  
Breadfruit  
Winter, acorn or butternut squash

#### **Dairy Products**

Cream Cheese  
Hard Cheeses  
Yogurt

#### **Whole Grains**

Barley  
Corn  
Kamut  
Millet

## NON-DEFINITVE, NON-EXAUSTIVE LIST OF VARIOUS CANDIDA DIET DO'S AND DON'TS

Oats

Brown Rice

Spelt

Teff

Wheat

### **Grain Alternatives**

Amaranth

Buckwheat

Quinoa

Breads, Biscuits and Muffins

– All breads, biscuits and muffins should be made with baking powder or baking soda as a leavening agent.

### **The NO List:**

Sugar and foods containing sugar including sucrose, fructose, maltose, lactose, glycogen, glucose, mannitol, sorbitol, galactose, monosaccharides and polysaccharides.

Also avoid honey, molasses, maple sugar, date sugar and turbinado sugar.

Packaged and processed foods. Canned, bottled, boxed and other packaged and processed foods usually contain refined sugar products and other hidden ingredients.

### **Avoid yeast-containing foods for the first 10 days:**

Breads, pastries and other raised-bakery goods.

All Cheeses

Condiments, sauces and vinegar-containing foods:

Mustard

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. (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

Processed and smoked meats: Pickled and smoked meats and fish, including bacon, ham, sausages, hot dogs, corned beef, pastrami and pickled tongue.

Edible fungi: All types of mushrooms, morels and truffles.

Melons: Watermelon, honeydew and, especially, cantaloupe.

Dried and candied fruits: Raisons, apricots, dates, prunes, figs and pineapple.

Leftovers: Molds grow in leftover food unless it's properly refrigerated. Freezing is better.