

Anti-Candida Diet

Diet is a very important part of assisting your body in eliminating *Candida albicans* (or yeast). The following recommendations have been compiled from recent research in the field and are made as a guide to assist you in making helpful food choices for yourself. The more completely and closely the guidelines are observed, the more quickly you will see results and experience improvements in your health. How long you will need to limit your diet in this way will depend on the length of time this has been an underlying problem with you, the severity of your symptoms, and your overall health status. Many people find after eating strictly within the guidelines for 2-4 weeks, symptoms begin to disappear and they can SLOWLY incorporate whole foods from the restricted list back into their diets. Recurrence of your symptoms and your overall sense of well-being seem to be useful general guidelines in assessing the rate at which foods may or may not be introduced.

Most people find making the required diet changes as quickly as possible the most rewarding path offering the most immediate results and relief from symptoms. Others, however, find making changes in their diets more gradually over a longer period of time works best for them. This approach works well as long as changes do indeed continue to be made aiming at reaching the strictest "optimum" diet choices within a set period of time. Some factors to consider in choosing this more gradual path include the following:

- Ⓢ It's easier to fall away from changing one's diet and sticking to a program if a serious commitment has not been made
- Ⓢ Diet restrictions continue for a longer period of time because the healing process is slower overall
- Ⓢ Most importantly, improvements and changes in symptoms are slower in coming and often less noticeable and therefore provide less motivation to keep working at it

Whatever approach you choose, it's important to remember when returning food to your diet, that a WHOLE foods diet is what you're aiming for. Remember, some foods like highly refined and processed products or those containing chemical additives and preservatives (such as white sugar, white flour, soda pop, coffee, tea, alcohol, chocolate, etc.) you're simply better off without! When reintroducing foods into your diet you should also take care not to emphasize those that feed the yeast or stress your immune system for a considerable period of time, even though you may be craving those foods and they may not produce noticeable symptoms right away. The Candida Diet is probably the most involved step on your road to recovery, and it will probably require a major shift in your shopping and eating habits but the long term benefits far outweigh the effort required to conform to the diet.

● Carbohydrate Daily Total

Because carbohydrate metabolism is often impaired when Candida is a problem and because the body breaks the carbohydrates down into simple sugars which may feed the yeast, minimizing total carbohydrate content of one's daily diet is an important dietary consideration

During the first 2-3 weeks of the diet one should aim for between 20-60 grams of carbohydrates per day with the optimum being closer to the 20 end of the scale initially. The leeway is given because some vegetarians who do not consume meat (which is low in carbohydrates) usually include some grains and/or beans which are higher in carbohydrates. Also age, activity level, and extent of grain sensitivities are made to suit individual needs

As symptoms disappear the carbohydrate total will gradually increase!

Low Carbohydrate Foods:

Foods low in carbohydrates includes protein foods such as meat, turkey, chicken, fish, shellfish, and some nuts. Most vegetables, especially green and leafy ones, are also low in carbohydrates and can be used liberally in your diet. See the Foods To Cope With Candida list for more specific suggestions.

✚ FOODS TO *ELIMINATE* IN CANDIDA ALBICANS TREATMENT

1. Yeast

All types of yeast and yeast-containing foods place additional burden on the body which is already coping with yeast overload. These include:

Bakers yeast, Brewers yeast, Engevita, Torula, "Good-tasting", and any other types of yeast. Baked goods raised with yeast such as breads, rolls, crackers, bagels, coffee cakes, pastries.

Yeast Free Grain Choices

These include:

- ✓ Sprouted Essene Bread (Lifestream or Manna wheat or rye bread available in the freezer section of some health food stores - if yours does not, ask if they might order it for you)
- ✓ Corn Tortillas and Tacos
- ✓ Rice cakes and rice crackers
- ✓ Wasa rye crackers (available in most grocery stores)
- ✓ Dimpfelmeiers 100% Plus Rye bread (these may also contain wheat)
- ✓ Muffins, biscuits, pancakes, irish soda bread, chapatis made at home using the flour of whole grains and baking soda and/or baking powder for leavening
- ✓ Kensington Sourdough rye bread
- ✓ Nutrilove Rice Bread (found in health food stores in the refrigerator section)

2. Vinegar

Vinegar is made with a yeast culture which again stresses the system. Vinegar containing foods, sauces and condiments include:

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|--------------------|-------------------|------------------|
| ✗ Accent (MSG) | ✗ Ketchup | ✗ Salad dressing |
| ✗ Balsamic vinegar | ✗ Mayonnaise | |
| ✗ BBQ sauce | ✗ Pickles | ✗ Shrimp sauce |
| ✗ Chili sauce | ✗ Redwine vinegar | ✗ Steak sauce |
| ✗ Green olives | ✗ Relishes | ✗ White vinegar |
| | | ✗ Worcestershire |

3. Sugar

Sugar feeds the yeast and encourages its growth and is best eliminated entirely. Eliminate sugar in all forms and sugar containing foods including:

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|---------------|---------------|---------------|
| ✗ Amasake | ✗ Honey | ✗ Rice Syrup |
| ✗ Brown sugar | ✗ Maple sugar | ✗ Turbinado |
| ✗ Corn syrup | ✗ Maple syrup | ✗ White sugar |
| ✗ Date sugar | ✗ Molasses | |
| ✗ Demerrara | ✗ Raw sugar | |

Read labels carefully. There are other forms of hidden sugars to watch for such as:

- | | | |
|--|------------------|------------|
| ✗ Fructose | ✗ Mannitol | ✗ Sorbitol |
| ✗ Galactose | ✗ Monosaccharid | ✗ Sucrose |
| ✗ Glucose | es | |
| ✗ Lactose | ✗ Polysaccharide | |
| ✗ Maltose | s | |
| ✗ Malt Products - including malted drinks, cereals, and candies. (Malt is a sprouted grain that is kiln dried and used as a sweetener in many processed foods and beverages) | | |

Stevia is an acceptable sweetener and can be used on the anti-Candida diet.

4. Fruits

The natural sugars in fruit support yeast growth and also tend to be yeast bearing foods. Eliminate the following:

- ✗ All canned and frozen fruit juice
- ✗ Bananas
- ✗ Frozen, canned and dried fruits
- ✗ Grapes
- ✗ Melons (especially cantaloupe)
- ✗ Oranges and orange juice

5. Mushrooms

All edible fungi including mushrooms, morels, truffles, etc also increase yeast burden.

Medicinal mushrooms taken in capsule or tea/ coffee form (eg. Reishi, Maitake or Shitake) are acceptable mushrooms on the anti-Candida diet.

6. Peanuts, Peanut Butter and Pistachios

These nuts usually have high mold contamination which again overloads the body yeast burden.

7. Alcohol

Alcoholic beverages feed the yeast and stress other systems such as the liver and brain. These include:

- ✗ All liqueurs
- ✗ Beer
- ✗ Brandy
- ✗ Gin
- ✗ Any fermented liquor (like cider and root beer)
- ✗ Red wine
- ✗ Rum
- ✗ Scotch
- ✗ Vodka
- ✗ Whiskey
- ✗ White wine

8. Coffee and Tea (Black)

These beverages create an additional burden for the body's already over-taxed stress-coping mechanisms. These include: regular coffee, instant coffee, decaffeinated coffee and all types of black tea (including fruit flavored ones). Herbal teas are generally recommended except in extreme cases. Both dried herbs and herbal teas do contain a small amount of mold as a result of the drying process, however, unless you are sensitive to them, we recommend their use in moderation.

DRINK

- ✓ Water (filtered)
- ✓ Vegetable Broth (preferably homemade)
- ✓ Freshly Juiced Fruits and Vegetables keeping within the daily carbohydrate count and not orange juice
- ✓ Miso broth (in moderation)

9. Moldy and processed Cheeses

Roquefort and other "molded" cheeses add to the yeast overload. Processed cheese such as cheese slices, Velveeta, cheese whiz, cream cheese, cheese snacks, Kraft dinner, etc... are NOT supportive to your health at any time and should be avoided. See the Restricted List for other Dairy products.

10. Processed, Dried, Smoked and Pickled Meats

These include products such as:

- ✗ Bacon
- ✗ Bologna
- ✗ Corned Beef
- ✗ Hot dogs
- ✗ Kolbassa
- ✗ Pastrami

Zepp Wellness
healing, naturally.

- | | | |
|----------------------|---------------------|--------------------|
| ✘ Pickled
herring | ✘ Sandwich
meats | ✘ Smoked
salmon |
| ✘ Salami | ✘ Sausages | |

Because of the processing of these products and the chemicals such as nitrites and nitrates used in many of them, they are not recommended for use at any time

11. Packaged, Processed and Refined Foods Generally

Canned, bottled, packaged, boxed, and other processed foods usually contain yeast, refined sugar, refined “enriched” flour, preservatives, chemicals, colouring, etc.. and are not recommended as part of a healthy diet.

✚ FOODS TO *RESTRICT* IN CANDIDA ALBICANS TREATMENT

1. Dairy Products

How much you will restrict dairy products will be determined by your body’s ability to digest fat (which is often impaired by the Candida), and your level of sensitivity to cow’s milk and cow’s milk products such as cheese, yogurt, buttermilk, butter, etc.

Usually eliminated are the following:

- ✘ Cow’s milk in all forms (e.g. whole, skim, 2%, 1%, dry powdered etc.)
- ✘ Most cheeses (the exception are those cheeses lower in milk lactose which may not provoke sensitivities in some people. These include Monterey jack, mozzarella, sharp Cheddar (white), Colby, Swiss, and Provolone.
- ✘ Skim yogurt is included for some people because of the helpful bacteria it contains.

Possible substitutes for Dairy

- ✓ Goat’s milk and goat’s milk products (cheese, yogurt, etc.)
- ✓ Soymilk (read the label as some commercial brands contain other ingredients e.g. Edensoy, Ah Soy, Soy Moo, etc.)
- ✓ Nut milks (1/4 cup nuts + 1 cup water whizzed in the blender – try almonds, sesame, coconut, etc.)
- ✓ Rice milk (unsweetened)
- ✓ Pecorino is a sheep’s cheese available in some Italian markets

REMINDER: If foods on the restricted list are not food sensitivities for you they should still only be used infrequently and in small amounts.

2. Fruits

Fruits are generally high in fructose, a natural sugar, and are subsequently high in carbohydrates. Fresh fruit and their juices (freshly squeezed juice where possible) that are not food sensitivities for you may be consumed occasionally in small amounts, as long as the recommended daily carbohydrate total is not exceeded. The sugar content will also feed the yeast and therefore should be minimized, if not eliminated, for the initial two week period.

3. Grains

Grains are also very high in carbohydrates, which when broken down by the body may feed the yeast. Therefore only those that you are not sensitive to should be consumed and, again, only occasionally in small amounts keeping within the daily carbohydrate total. Possible grains include:

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|-----------------------------------|-------------------|
| ✓ Amaranth (actually a seed) | ✓ Millet |
| ✓ Barley | ✓ Oats |
| ✓ Buckwheat (aka “kasha”) | ✓ Quinoa |
| ✓ Long and short grain brown rice | ✓ Rye |
| | ✓ Sprouted grains |

4. Fats and Oils

Because fat metabolism is often impaired when Candida is a problem, fats and oils should be carefully tested and consumed in minimal amounts (e.g. 2 tablespoons per day).

Vegetable oils that have been cold-pressed without heat (usually available in health food stores) are your best choices. Some research indicates that sesame and corn oil (cold-pressed) are the most useful in the treatment of Candida albicans. Other oils to test include: safflower, sunflower, flax, hemp, olive, almond etc... Some researchers also recommend adding a 400IU capsule of Vitamin E to a bottle of cold-pressed oil as soon as it is opened to reduce oxidation. All oils should be stored in a refrigerator once opened.

If you are not sensitive to butter, a useful idea is to mix the unsalted butter with a good vegetable oil (like sesame, corn, safflower, etc.) in a ratio of 1:1 (e.g. mix ½ a cup butter with ½ a cup oil). You can do this by hand, with a rotary mixer, or a blender. This mixture will be spreadable soft right from the refrigerator and should be stored in the fridge. You may also add garlic or herbs (like dill, tarragon, chives, etc.) for a more interesting spread.

Supplements

Mention should be made that many vitamin and mineral supplements today (especially multiple vitamin/minerals, B-Complex vitamins and selenium products) usually contain yeast or sugar unless specifically labeled yeast-free and sugar-free. These would be better avoided until the Candida is eliminated as they add to the yeast burden and/or feed the yeast.

Supplements and remedies to support the immune system, aid in fat metabolism, and act as anti-fungal agents to fight the Candida may also be recommended in conjunction with dietary recommendations

A final reminder that this is a temporary condition that CAN be brought under control with persistence and patient care!!!

Water

Finally, it is important to drink at least eight glasses of water a day. Use filtered tap water – through a Britta tap filter, magnetic filter or other. Avoid water bottled in plastic. Green tea can also provide many health benefits and may be used freely.

Natural Yeast Fighters

There are a number of foods that have antifungal properties. Among the most potent are garlic, onion, radish, black radish and horseradish. Garlic and onion are particularly beneficial, especially if eaten raw. Horseradish and watercress contain oils that suppress the growth of Candida yeast. Add fresh watercress to your salad: not only does it taste delicious but it aids in the fight against Candida

Lifestyle and Exercise

Whether or not your health problems are related to yeast, you will need to exercise if you want to enjoy good health. Exercise will increase your energy level, mental alertness and feeling of well-being. Furthermore, studies have shown that people who exercise develop fewer illnesses and are less apt to have accidents. Aerobic exercise, which requires the use of oxygen to produce energy, are especially effective. Recommended aerobic exercises include walking, running, aerobic dance, swimming, cross-country skiing, bicycling and rowing. If you want to look good, feel good and overcome health problems of any sort, you'll need to exercise regularly.

FOODS TO COPE WITH CANDIDA

Choose a wide variety from the following list!

USE LIBERALLY

Vegetables

Artichoke (green)
Asparagus
Bamboo Shoots
Broccoli
Brussel Sprouts
Cauliflower
Celery
Cucumber
Daikon (Chinese radish)
Eggplant
Fennel
Garlic
Kohlrabi
Leeks
Okra
Onions
Peppers (red, green, yellow, etc.)
Radish
Rutabaga (yellow)
Snow peas
Sprouts
-alfalfa
-Mung
-Lentil/Chick pea mix
-any grain or dried bean sprout
String beans
Tomato
Turnip (white)
Zucchini (summer squash)
*Jerusalem Artichoke
*Popcorn - 1 cup portion
*Winter squash

* use these with some caution

Green Leafy Vegetables (Salads and Steamed)

Cabbage (red, green, savoy, etc.)
Chinese cabbage
Chives
Endive
Escarole
Greens
-Beet
-Collard
-Dandelion
-Kale
-Mustard
-Turnip
Lettuce (romaine, leaf, boston,
not Iceburg, head lettuce)
Parsley
Rapini
Spinach
Swiss Chard
Watercress

Fresh Herbs

Basil
Chives
Dill
Oregano
Parsley
Rosemary
Sage
Tarragon
etc...

Protein Foods

***Note: protein foods should not be dried, smoked, cured or pickled

Fish

Salmon (Chinook)
Mackeral (Atlantic)
Salmon (pink)
Tuna (Albacore, canned and light)
Sablefish
Herring (Atlantic)
Trout (Rainbow)
Bass (Striped)
Catfish
Ocean perch
Halibut (Pacific)
Flounder
Haddock
raised)
Turbot
Sardines
Cod
Sole
Red Snapper
Swordfish
Grouper
Boston Bluefish
ETC...

Nuts (in moderation)

Almonds
Sunflower seeds
Pumpkin seeds
Sesame seeds
Filberts
Brazil nuts
Walnuts
Pine nuts
Pecans
Pistachios
Macadamia Nuts

Seafood

Abalone
Clams
Crab (Alaska King)
Crab (Blue, canned)
Escargot
Mussels
Octopus
Oysters
Scallops
Shrimp
Squid

Meat (Organically fed and

raised)
Chicken
Cornish hen
Duck
Turkey
Rabbit
Beef
Bison
Lamb
Goat
Venison
Quail
Pheasant ETC...

Alternate Sources

Soybeans
Tofu
Tempeh
Eggs (soft yolked)

**NOTE: nuts can be used as nut butters or ground and used as flour for muffins and pancakes etc...