

Anti-Candida Program

Phase One – 3 weeks

1. Eat a wide variety of nutritious foods. Try not to eat the same foods everyday.
2. Eat low carbohydrate vegetables (see below), seafood, lean meats/poultry, and eggs. You can include one serving of a high carbohydrate vegetable or a serving of whole grain per day.
3. Avoid ALL "junk food" (white sugar, sweeteners, white flour, soft drinks, etc)
4. Avoid ALL sugars, honey, chocolate, molasses, and maple syrup.
5. Avoid ALL fruits, fruit juices, dried fruits, and fruit leathers/bars during Phase One.
6. Avoid ALL yeast-containing foods, both brewer's yeast and nutritional yeast.

FOODS YOU CAN EAT FREELY:

Vegetables

Most of these vegetables contain a lot of fiber and are considered "low carbohydrate". They can be fresh or frozen and eaten steamed, lightly sautéed, or raw.

| | | |
|-----------------|----------------|---------------------|
| Asparagus | Eggplant | Lettuce – all types |
| Beets | Green Pepper | Onions |
| Broccoli | Swiss chard | Parsley |
| Brussel Sprouts | Spinach | Radishes, Rutabaga |
| Cabbage | Mustard Greens | Soybeans, Edamame |
| Carrots | Beet Greens | String Beans |
| Cauliflower | Collard Greens | Tomatoes, fresh |
| Celery | Kale | Turnips |
| Cucumbers | Garlic | Okra |

Proteins

| | | |
|-----------------|---------------|----------|
| Chicken | Wild Game | Salmon |
| Turkey | Shrimp | Halibut |
| Beef, lean cuts | Crab | Cod |
| Veal | Lobster | Mackerel |
| Lamb | Tuna | Sardines |
| Pork | Other Seafood | Eggs |

Beverages

Drink a minimum of 32 ounces of water daily. Include only decaffeinated or herbal teas in fluid intake.

Village Health Clinic

#105-15153 Hwy. 10, Surrey, V3S9A5 Tel: 604.575.7275 Fax: 604.574.7290

www.villagehealthclinic.ca

FOODS YOU CAN EAT IN LESSER QUANTITIES:

You can include one serving of a high carbohydrate vegetable or a serving of a whole grain at one meal of the day.

High Carbohydrate Vegetables

| | |
|------------------|----------------------------------|
| Sweet Corn | Lima Beans |
| English Peas | White Potatoes |
| <u>Squashes:</u> | Sweet Potatoes |
| Winter Squash | Beans and Peas, dried and cooked |
| Acorn Squash | |
| Butternut Squash | |

Whole Grains

Quinoa, Millet, Kamut, Barley, Oats, Wheat, Corn

Breads, Biscuits, Muffins

All whole grain or sprouted grain breads, biscuits, and muffins should be made with baking soda or baking powder as a leavening agent. Avoid yeast containing baked goods.

Dairy

Yogurt (unsweetened), buttermilk, and butter. Milk should be consumed in moderation. Consider consuming unsweetened soy or rice milk. Eat cheeses in moderation.

FOODS YOU MUST AVOID:

Sugar and Sweetened foods

Avoid sugar and other quick-acting carbohydrates, including pure cane sugar, sucrose, fructose/fruit sugar, maltose, lactose, glycogen, glucose, mannitol, sorbitol, galactose, monosaccharides, and polysaccharides. Also avoid honey, molasses, maple syrup, maple sugar, date sugar, sugar in the raw, 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.

Village Health Clinic

#105-15155 Hwy. 10, Surrey, V3S9A5 Tel: 604.575.7275 Fax: 604.574.7290

www.villagehealthclinic.ca

Breads, pastries, and other bakery goods

Milk and cheeses

Avoid all hard and processed cheeses (moldy cheeses such as Roquefort). Avoid processed foods such as Velveeta, macaroni and cheese, Cheezits, and other cheese containing snacks. Also avoid sour cream and cream cheese.

Fruits and fruit juices

Avoid all fruit during Phase One, including canned, bottled, frozen, or dried fruits and fruit juices, fruit leathers, and fruit-sweetened foods. Avoid all melons.

Avoid all alcoholic beverages of any kind.

Condiments, sauces, and vinegar-containing foods

Avoid mustard, ketchup, Worcestershire, Accent, Mrs. Dash, soy sauce, tamari, seafood sauce, steak sauce, barbeque sauce, chili sauces, pickles, pickled vegetables, relishes, green olives, sauerkraut, horseradish, mince meat, vinegar, and all vinegar-containing foods such as mayonnaise and salad dressing. Substitute freshly squeezed lemon for vinegar in salad dressings prepared with herbs and unprocessed oil.

Malt Products

Avoid malted milk drinks, cereals, and candy. Malt is a sprouted grain that is kiln-dried and used in the preparation of many processed foods and beverages.

Processed and smoked meats

Avoid pickled and smoked meats and fish, including sausages, hot dogs, corned beef, pastrami and pickled tongue.

Edible Fungi

Avoid all types of mushrooms, morels, and truffles. Avoid leftover foods unless it was frozen just after preparation. Molds grow on leftover foods unless properly refrigerated.

Coffee and Tea

Avoid caffeinated drinks of any kind, including regular coffee, instant coffee and tea.