

Yeast Free / Anti-Candida Diet

List of Foods to Avoid Entirely

- Sugar – It is best to eliminate all forms of refined sugar, as it feeds the yeast and encourages its growth. These foods include: white sugar, brown sugar, honey, maple syrup, corn syrup, maple sugar, molasses, date sugar, turbinado, raw sugar, demerrara, amisake, rice syrup, sorghum.

Read labels carefully. The hidden sugars to watch for include: sucrose, fructose, maltose, lactose, glycogen, glucose, mannitol, sorbitol, galactose, monosaccharides, polysaccharides.

- Fruit – Fruit contain natural sugars that support the growth of yeast. The following foods should be eliminated. These include: Baker's yeast, Brewer's yeast, Engevita, Tortula, and any other nutritional yeast. Baked goods raised with yeast such as breads, rolls, crackers, bagels, pastries, and muffins should also be eliminated.
- Foods Containing Gluten – These include wheat, barley, and rye and includes products made with these ingredients such as wheat bread, rye bread, and pasta.
- Vinegar – Vinegar is made with a yeast culture. Foods that contain vinegar include: white vinegar, red wine vinegar, apple cider vinegar, balsamic vinegar, mayonnaise, commercial salad dressing, ketchup, Worcestershire sauce, steak sauce, BBQ sauce, shrimp sauce, soy sauce, mustard, pickles, pickled vegetables, green olives, relishes, horseradish, mincemeat, chili sauce.
- Mushrooms – Mushrooms are fungi. Eliminate all mushrooms.
- Peanuts, Peanut Butter, and Pistachios – Peanuts, peanut butter and pistachios often have high mold contamination and should be eliminated.
- Alcohol – Alcoholic beverages provide sugar that feeds the yeast and stresses other organs such as the liver. Eliminate all forms of alcohol, including red wine, white wine, beer, whiskey, brandy, gin, scotch, any fermented liquor, vodka, rum, and all liqueurs.
- Coffee, Black Tea, Cider, Root Beer – Coffee and black tea create an extra burden for the body's stress-coping mechanisms. Regular coffee, instant coffee, decaffeinated coffee, and all types of black tea (including "fruit flavored" black tea) should be eliminated.

Cider, root beer, and other fermented beverages should be eliminated. Healthy alternatives include: water, vegetable broth, fresh vegetable juice, herbal teas.

- Aged, Moldy and Processed Cheeses – Roquefort and other aged, moldy or blue cheeses should be eliminated. Also eliminate processed cheese such as cheese slices, Velveeta, Cheez Whiz, cream cheese, cheese snacks, and Kraft dinner.
- Processed, Dried, Smoked, and Pickled Meats – These include products such as smoked salmon, pickled herring, sausages, bacon, hot dogs, pastrami, bologna, sandwich meats,

salami, corned beef, pickled tongue, and kielbasa. These products are processed and many contain unhealthy nitrates and nitrites, so they are not recommended for use at any time.

- Packaged, Processed, and Refined Foods – Canned, bottled, packaged, boxed, and other processed foods usually contain yeast, refined sugar, refined flour, chemicals, preservatives, and coloring. They are not recommended at any time.

Other Foods to Avoid Strictly for the first 2 weeks:

Avocados	Banana Squash	Beets	Breads of any kind
Caffeine	Carbonated Drinks	Carrot juice	Cooked carrots
Fried Foods	Granola	Legumes	Margarine
Noodles/Pasta	Pepper	Potatoes	Pork
Spices (except onion and garlic)		Sweet Potatoes	Tomatoes

List of Foods to Limit:

- Dairy Products – Candida is thought to impair the body's ability to digest fat, so dairy products may have to be restricted. How much dairy one consumes may also depend on individual reactions to cow's milk and cow's milk products such as cheese, yogurt, buttermilk, and butter.

People often temporarily eliminate the following dairy foods from the diet:

Cow's milk, including whole, skim, 2%, dry powdered milk

Most cheeses. Cheeses lower in lactose may be tolerated, such as Monterey Jack, sharp white cheddar, swiss, mozzarella, Colby, provolone, and dry curd cottage cheese.

Organic skim yogurt made with live bacteria may be beneficial for some people because of the beneficial bacteria it contains.

Preferred Food List:

Beef	Butter	Chicken	Cottage Cheese (low fat only)
Eggs	Fish	Fish oils	Lamb
Olive Oil	Soy Protein Powders		Tofu
Turkey	Yogurt (plain only)		

- All above ground vegetables (with the exception of those listed on the Foods to Avoid). Some examples of good choices are: broccoli, asparagus, string beans, snow peas, brussel sprouts, head/romaine/butter lettuce, spinach, zucchini, summer squash, yellow wax beans, etc. . . . lightly steamed or stir fry at a low temperature with a bit of olive oil.

Spices: cayenne celery seed cinnamon dill dry mustard sea salt
 garlic marjoram Parsley Patch brands Mrs. Dash
 sweet options: stevia or xylitol

** Drink Water!! (half your weight, in ounces, per day – 150 lbs = 75 oz.) add a slice of lemon