

## **Dr. Penny Seth-Smith N.D.**

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### **CANDIDA CONTROL DIET**

You can eat as much as you want, as often as you want, of the following foods, provided that you do not have a sensitivity to them. Organic foods are always preferable

**Fish or other seafood** – if possible avoid those that feed at the bottom of the ocean

**Eggs, poultry and meat** – free range or organic is best

**Beans:** chickpeas (garbanzos), black-eyed, kidney, lima, navy, mung, pinto, soy

**Lentils** (red or green); **tofu, tempeh**

**Seeds, nuts** and nut butters, except peanuts and walnuts

**Whole grains:** amaranth, barley, buckwheat, kamut, millet, oats, brown rice, rye, wheat, spelt. Flours made from these grains can be used in small quantities

**Breads:** Sourdough or unleavened. Bakeries include: La Boulange, Eureka, Irene's, Nature's gifts.

**Vegetables:** Any and all cooked or raw vegetables that your system tolerates.

Avocados. A sensitive digestive system usually tolerates steamed vegetables better than raw.

**Fats and oils:** Butter, vegetable oils except corn and walnut oils

**Fruit:** Maximum of one small apple-sized piece a day. Lemon juice: in water or to season.

**Unsweetened natural yogurt** - preferably live culture and organic

**Drinks:** Water, mineral water, herbal teas, green tea, unsweetened vegetable juices, unsweetened soy or nut milks, vegetable broths (not commercial ones containing yeast).

**Sweeteners:** Stevia and Chicolin (fructooligosaccharides) can be used freely.

**Seasoning:** Bragg's aminos, salt, pepper, herbs, spices

#### **FOODS TO AVOID - The higher up in the list, the more important to avoid**

Sugars: white, brown or fruit sugar, fructose, lactose, sucrose

Other sweeteners: honey, molasses, rice syrup, corn syrup, maple syrup

Dried fruits and fruit juices, melons, grapes, blueberries

Baker's yeast, ordinary bread, bagels. Brewer's yeast, beer, wine

Mushrooms. Fermented products: vinegars, soy sauce, hard liquor

Peanuts, walnuts (they go moldy easily)

Dairy products, other than live yogurt. Any eaten should be organic.

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