

Dr. Penny Seth-Smith N.D.

*Naturopathic Family Physician with Prescriptive Authority
Certifications in Acupuncture, Oral Chelation & Facial Mesotherapy*

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 fructooligosaccharides (latter are prebiotics, but hard to find) 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

Refined carbohydrates: white flour products, white rice, rice cakes

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

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

Peanuts, walnuts (unless really fresh: they go mouldy easily)

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