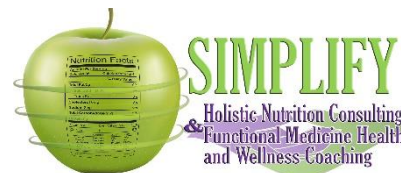


The Anti-Candida and Yeast- Sensitivity Diet Plan



WHAT TO EAT	WHAT NOT TO EAT
<ul style="list-style-type: none"> ■ Whole foods ■ Organically grown foods (recommended) ■ Lean meats ■ Poultry ■ Fish ■ Seafood ■ Eggs ■ Sardines packed in sardine cans ■ Nuts ■ Fresh vegetables ■ Frozen vegetables (without fancy sauces) ■ Fresh fruits ■ <u>Grain alternatives:</u> <ul style="list-style-type: none"> • Quinoa ■ <u>Whole grains:</u> <ul style="list-style-type: none"> • Barley • Kamut • Millet • Oats • Rice • Spelt • Teff • Whole wheat ■ <u>Unprocessed, unrefined oils:</u> <ul style="list-style-type: none"> • Olive oil • Walnut oil • Avocado oil • Flaxseed oil • Sesame seed oil • Coconut oil ■ Wheat/gluten free sourdough bread ■ Rice cakes ■ <u>Substitute for vinegar in salad dressings:</u> <ul style="list-style-type: none"> • Freshly squeezed lemon juice ■ Plain coffee or sweetened with stevia (limit to 1-2 cups a day!) ■ <u>Herbal teas:</u> <ul style="list-style-type: none"> • Pau D'Arco (seems to have therapeutic value and is recommended) 	<ul style="list-style-type: none"> ■ Sugar and sugar-containing foods <ul style="list-style-type: none"> <u>Quick-acting carbohydrates:</u> <ul style="list-style-type: none"> • Sucrose • Fructose • Maltose • Lactose • Glycogen • Glucose • Mannitol • Sorbitol • Galactose • Monosaccharides • Polysaccharides • Date sugar • Turbinado sugar • Honey • Molasses • Maple syrup • Corn • White potatoes • All the sweet, fat snack foods • White flour products • Peanuts • Grains • Whole wheat Avoid as a precaution in the first 10 days! ■ Packaged and processed foods <ul style="list-style-type: none"> • Canned, bottled, boxed, and other packaged and processed foods • Food colorings and additives ■ Foods that contain yeast or molds Avoid for several weeks! <ul style="list-style-type: none"> • Breads • Pastries • Other raised bakery goods • Cheeses: all cheeses! <u>Condiments, sauces, and vinegar-containing foods:</u> <ul style="list-style-type: none"> • Mustard • Ketchup • Worcestershire • Steak • Barbecue • Chili • Shrimp • Soy sauces • Pickles • Pickled vegetables • Relishes • Green olives • Sauerkraut • Horseradish • Mince meat • Tamari <u>Vinegar and all kinds of vinegar-containing foods:</u> <ul style="list-style-type: none"> • Mayonnaise • Salad dressing <u>Malt products:</u> <ul style="list-style-type: none"> • Malted milk drinks • Cereals • Candy <u>Processed, cured, and smoked meats:</u> <ul style="list-style-type: none"> • Pickled and smoked meats and fish • Corned beef • Sausages • Pastrami • Hot dogs • Pickled tongue <u>Edible fungi:</u> <ul style="list-style-type: none"> • All mushrooms, truffles, and morels <u>Melons:</u> <ul style="list-style-type: none"> • Watermelon • Honeydew melon • Cantaloupe <u>Dried and candied fruits:</u> <ul style="list-style-type: none"> • Raisins • Prunes • Apricots • Figs • Dates • Pineapple • Leftovers • Fruits Avoid during the first 3 weeks of your diet! <u>Drinks:</u> <ul style="list-style-type: none"> • Fruit juices • Canned, bottled, and frozen juices • Teas • Alcoholic beverages • Diet drinks • Soda pop

Sources: "The Yeast Connection Handbook" (last version from 2000) | "The Yeast Connection and Women's Health", by Dr. William Crook (last version from 2005)