

FOODS TO ENJOY

Vegetables (most all except for carrots)

broccoli	lettuces
asparagus	okra
cabbage	onions
brussels sprouts	radishes
yellow squash	scallions
zucchini	turnips
cauliflower	kale
cucumber	bok choy
kale	leeks
seaweed	spinach
chard	celery (limited use)
garlic (if well tolerated)	Organic Vegetable Broth
artichokes (water based)	

Meats (only organic!)

chicken	crab
turkey	halibut
eggs	lobster
beef (sparingly)	mackerel
buffalo (sparingly)	snapper
lamb	trout
venison	shrimp
salmon	duck
talapia	
sea bass	

Herbs

arugula
chives
fennel
parsely
watercress

Sweeteners

Stevia (best one)
chicory root (inulin)

Fruits (limited use)

lemons
limes
avocados
granny smith apple (small portion)
cranberries
grapefruits
(sparingly)

Nuts/Seeds

Almonds (soaked in water)
Brazil Nuts
Macadamia Nuts
Sunflower seeds
Pumpkin seeds
Sesame seeds

Spices (organic if possible)

Sea salt	rosemary
black pepper	garlic
paprika	lemon pepper
dill seed	curry powder
oregano	turmeric
parsely (in moderation)	

Fats, Oils, and Butters

(Cold Pressed, store cool)
Extra Virgin Olive Oil
Flax Seed Oil
Pumpkin Oil
Organic unrefined Coconut oil
Ghee

Almond Butter
Tahini Butter
Palm oil

Legumes

Lentils
Green Beans

Beverages

Purified Water
Distilled Water
Lemon/Lime Water
Pau D' Arco Tea (antifungal)
Decaffeinated Herbal teas
Diluted Cranberry Juice

* Just remember that too much of a good thing may become bad. Do not overeat any of the above foods just to satisfy your appetite. Try using the rotation diet discussed on my website to avoid food allergies.

FOODS TO LIMIT

<p><u>Vegetables</u> red skinned potatoes starchy vegetables green bell peppers eggplant tomatoes yams</p>	<p><u>Meats (only organic!)</u> Pork Powdered Protein</p>	
<p><u>Nuts/Seeds</u> Cashews</p>	<p><u>Fruits (limited use)</u> Blueberries Peaches Pears Pineapples Strawberries</p> <p>Raspberries Blackberries Kiwi</p>	
<p><u>Fats, Oils, and Butters</u> Cashew butter</p>	<p><u>Sweeteners</u> Avoid any sweetener other than stevia and inulin. Xylitol is the next best thing, but should be avoided if possible.</p>	<p><u>Others</u> Homemade kefir Water based sauerkraut Homemade yogurt</p>
<p><u>Legumes</u> Peas Soy Beans Lima Beans Baked Beans Ranch Style Beans Navy Beans</p>	<p><u>Spices (organic if possible)</u> Cayenne Pepper Chili Powder Any mold containing spices</p>	
<p><u>Beverages</u> (always sweeten with stevia) Almond milk Other nut milks Concentrated Green Drinks Coffee (1 cup per week, no cream)</p>	<p><u>Starches (sparingly)</u> Millet Brown Rice Quinoa Buckwheat</p>	

* Be sure to limit these foods as much as possible. Try to eat them sparingly between meals from the “Foods to Enjoy” list. Keep in mind that some of these foods are known to be highly allergenic (such as soy). So make sure to monitor which foods cause fatigue, rashes, or other symptoms.

FOODS TO AVOID

<p><u>Vegetables</u> pickled (containing vinegar) carrots</p>	<p><u>Meats</u> Smoked meats Pickled meats Hot dogs Smoked fish Ham Most pig products</p>	<p><u>Sweeteners</u> Sugar Artificial sweeteners Corn Syrup Brown Sugar Powdered Sugar Molasses Maple Honey Dextrose Turbinado Splenda Aspartame Any sugar ending in "ose" or "tol" (such as sucrose, dextrose, sorbitol, mannitol, etc.)</p>
<p><u>Nuts/Seeds</u> Peanuts Roasted nuts Walnuts Pecans Pistachios Candied/Salted nuts</p>	<p><u>Fruits</u> Bananas Dried Fruits Oranges and other related citrus fruits Grapes Plums</p>	<p><u>Beverages</u> Alcohol Fruit juice Sugar containing soft drinks Highly caffeinated drinks</p>
<p><u>Fats, Oils, and Butters</u> Peanut Butter</p>	<p><u>Others</u> Any form of Wheat Foods containing gluten Any food containing Yeast Mustard Ketchup Mayonnaise BBQ Sauce Vinegar Any sauces containing sugar or vinegar Flour Crackers Mushrooms Pretzels Chips Bread Starchy Beans</p>	
<p><u>Dairy</u> Milk Soy Milk Grocery Store Yogurt Cheeses Cream Any milk derived product</p>		

* Basically, try to avoid any sugar containing food. I know that this encompasses most foods out there today (at least in the U.S.), but you have to remain focused in order to defeat Candida. Just make sure you are eating foods that do not sit around in your system and turn into glucose that is readily available for the Candida to survive on.