



Anti- Candida Diet Handout

Foods You CAN EAT:

* **Vegetables**--fresh or frozen: Asparagus, beets, broccoli, brussel sprouts, cabbage, carrot, cauliflower, celery, cucumber, eggplant, green pepper, greens (turnip, spinach, mustard, beet, collard, kale, lettuce, etc.), onion, parsley, peas, fresh tomato, squashes, zucchini, sweet potato, radish, avocado, corn, parsnip, and generally, etc. NO white potatoes (any potato that is white inside).

1. **Eat at least 5-9 servings of vegetables everyday (a serving is ½ a cup): Thus 2-5 cups a day**--They can be either fresh or frozen. **No canned veggies, no boiling of veggies, no microwaving, no head/iceberg lettuce:** use only red or green leaf, romaine, spinach, kale, cabbage, collard green, beet greens, mustard greens, etc. The darker the green the better. Ideally, the best way to eat veggies is to stir fry, steam them, or bake them. If you steam them, drink the water that's left over. It contains most of the potassium and several B vitamins that get leached from the veggies when they are cooked.

2. Especially healthy veggies are those from the cruciferous family--broccoli, cauliflower, brussel sprouts, radish, cabbage; onions and garlic; the orange veggies--carrot, squash, yams, sweet potatoes, tomatoes; and the deep green leafy ones. But, ALL NON-candida veggies have their worth and you should strive both for frequency of intake and variety.

3. Salads can be interesting and fun: Try adding sunflower seeds. Use olive oil with lemon juice. **DO NOT USE FAT FREE DRESSINGS!**

4. An easy way to add veggies into a diet is to add leaf lettuce, tomatoes, onions, sprouts, etc., to your sandwich at lunch; then eat some peas, half a squash, stir fry broccoli/cauliflower at dinner. That would make up two cups. Munch on a carrot, celery, or cherry tomatoes for a snack, and so forth.

* **Fruits**--You can have **NO fruits for the first two weeks of the diet**, and then just ONE fresh fruit a day from then on. Fruit serving is 3/4c, preferably berries (blueberries, raspberries, and black berries) which are all high in antioxidants and low in sugar

* **Protein (unless allergic)**--beef, chicken, turkey, lamb, bison, veal, egg, fish, tuna, salmon, rabbit, elk, moose, deer, duck, goose, wild birds, pork, tofu, plain yogurt.

1. **Beans, peas, lentils**--use BEANO as a bean digestive aid, if needed. Also, if you are new to beans and fear the gas effects of beans, follow these procedures to decrease such effects: Soak the beans in water overnight, then throw that water out and use new water to cook them in. It is very helpful to--at first--cook beans one type at a time, to learn which one you can tolerate well and which ones produce excessive gas. After you are familiar with the good and bad beans for you, then you can mix and match the good beans together, if you want. Crockpots are an excellent way to cook beans; you can start them cooking in the morning and have them all ready to eat when you get home from work.

a. You can also simply buy canned organic beans already cooked.

2. Game meat and/or organically grown meat is the ONLY meat to eat regularly. On the internet there are organic ranchers selling organic buffalo, venison, chicken, beef, ostrich, lamb, pork at cheaper prices than in stores. *DO NOT eat a lot of meat if supermarket meat is your only source of meat.* Optimally, we shouldn't eat meat more than once per day. Roasting/baking meat is the healthiest way to prepare meat--frying and barbecuing are the worst.

- a. Organic meat is available in town at Uncle Deans, Shaw's, and sometimes Hannafords

3. Soy products--protective against breast cancer, prostate cancer, balances out female menstrual problems, lowers cholesterol. If you start eating a lot of soy foods, then you should begin eating seaweeds, too, as soy can lower the functioning of the thyroid, and seaweeds will help prevent that. Here are the various categories of soy:

- a. **Tofu.** The Tofu Handbook is a good book to learn how to use tofu in cooking. Basically getting firm or baked and slicing and dicing and adding to soups, stir fries, casseroles, lasagnas, etc. is an easy way to go.
- b. **Soy dairy alternatives:** UNSWEETENED soy milk (liquid or powder form)
- c. **Roasted soy nuts and Edamame** (cooked soybeans ready to eat).
- d. **Soy Nut Butter**

4. Fish--Eat oily fish 2-3 times a week: salmon (canned or wild), herring (rinse off the pickling in colander), cod, trout, sardines (double-layer taste best), halibut. Canned fish is fine, although don't get too much tuna that way; cook fresh fish lightly (broiling, microwave, bake). Avoid tuna, mackerel, catfish, sturgeon, swordfish, orange roughy, snapper, and shark due to high environmental toxin content and worries of extinction. All fish are a bit contaminated, but some more than others. Other fish, such as perch, tilapia, etc., do not contain good oils in them, but are not overly polluted, so are okay to eat. Shrimp, clams, mussels, crab, lobster and so forth are also okay to eat. It is hard to avoid all farmed fish, but we definitely do not want to eat Farmed Salmon, AKA "Atlantic Salmon".

5. Eggs—All healthy food stores and many supermarkets generally carry **organic** eggs, not just "free-range". We can get **organic Omega-3 eggs** at Trader Joe's, Sprouts, and other places. Organic is the word you want to see on the container. It is thought that by cooking eggs by hard or soft-boiling, sunny side up or poached, that is a healthier way to prepare them, if you are concerned about cardiovascular disease. However, one need not be overly concerned about that.

6. Dairy

- a. **Yogurt**--Use PLAIN and add your own fruit. All fruited yogurts are highly sweetened. Greek yogurt

7. Nuts and Seeds--All of them **BUT peanuts and pistachios**. Pure nut butters are okay, as well. These can be purchased at Uncle deans and Whole foods.

- a. **Raw nuts**—Several stores sell raw nuts cheaply. All nuts are good to eat: walnuts, sunflower seeds, pumpkin seeds, cashews, pecans, filberts, almonds, brazil, etc.

- b. **Nut butters**--particularly almond butter or cashew butter, or tahini. You can get good nut butters with no added sugar or partially hydrogenated oils in Trader Joe's brand, at the health food stores. **Store these upside down in the fridge for easy use;** that way the oil will naturally be mixed in with the nut butter and not sit on top.

* **Beverages**—water, club soda and mineral water (can add lemon juice to them—and if you do not have a lot of bloating with your illness), coffee substitutes (Pero, Roma, Cafix, which are instant; Teechino, which is brewed 1 TBS per ten cup pot). Herbal tea is okay if one drinks it promptly.

* Oils

It is very important to eat good oils--they contain essential nutrients in them that nourish us and are requirements for us to be healthy and stay healthy. There are also very harmful oils we need to avoid entirely. Good oils will be marked to the side by yellow high-light circles. Neutral oils, found in dairy and fat, are okay usually in moderation only.

1. Avoid Partially Hydrogenated Oils (PHOs)--Also listed on food labels as Trans Fats, Vegetable Fat and Vegetable Shortening. This type of oil is the number one food additive in our foods, and is VERY UNHEALTHY TO EAT.

2. READ LABELS!!--Basically most anything that has oil in it in the SHA will have PHOs in them: margarines and other fake butter products, Crisco/shortenings, cookies, crackers, peanut butter, candy, pastries/muffins, butter-flavored microwave popcorn, Cool Whip, potato chips, tortilla chips, non-dairy creamers, frozen tater tots...essentially most frozen and prepared foods.

3. At good stores--you can buy most of the above foods, but without the PHOs in them. It's not really the food category that's bad, just those specific products that contain the PHOs. Any other oil on a label aside from PHOs is okay to eat.

4. Good Oils To Use In Your Home: Organic butter; extra virgin olive oil; refined or unrefined high oleic (monounsaturated) safflower oil; sesame/walnut oils (or like type); organic, unrefined coconut oil; Earth Balance. NO margarines.

5. Refrigerate all oils but the extra virgin olive oil, which you can just store in a cool, dark cabinet.

* **Grains** (must be WHOLE grains without Yeast and/or Sugar)—**Only eat once a day:**

1. Breads--there are yeast-free breads in town you can buy at the health food shops.
2. Noodles--there are whole wheat, brown rice, corn, kamut, quinoa, spelt noodles at the health food shops/2Js.
3. Crackers--plain rice or popcorn cakes, plain Ry-krisp/Ry-Vita, WASA, Akmak, etc.
4. Brown rice, millet, oatmeal
5. Popcorn

Food You CANNOT EAT:

* **All Types of Sugar and Sugar-Containing Food** --soda pop, candy, pastries, fruit juices and juice drinks, cookies, cake, pies, ice cream; read LABELS!!! You can eat no sweeteners either of any sort: sugar, honey, molasses, brown sugar, high fructose corn syrup, etc. and so forth. No artificial sweeteners are allowed, either, except a little stevia now and then.

1. AVOID WHITE AND BROWN SUGAR, HONEY, AND ARTIFICIAL SWEETENERS! Honey is not this freebie sweet that is okay to use all the time--use minimally. A little mannitol or sorbitol in gum is fine. Stevia is okay if used occasionally. Sugar in any form, "healthy" or otherwise, promotes the need to have things taste sweet to be good.

2. Synonyms for white sugar: sucrose, glucose, fructose, dextrose, maltose, corn syrup, corn syrup solids, high fructose corn syrup solids, brown rice syrup, etc. READ LABELS CAREFULLY

3. Sweets that are okay to eat daily: Berries

4. WATCH OUT FOR HIDDEN SUGARS!!--LOW FAT AND NONFAT FOODS ARE ALMOST ALWAYS VERY HIGH IN SUGAR. Avoid packaged low and non-fat foods. READ LABELS!!

* **Fruit juices and Dried Fruits** - either canned, bottled, frozen. ONLY freshly prepared veggie juices are allowed. No Melons.

* **Antibiotics** - Not a food but you can not do any antibiotics.

* **Alcoholic beverages** - beer, wine, champagne, hard liquors. Included is all fermented beverages and tinctures, cough syrups and other medications.

* **Fermented, molds, malted products** - soy sauce (you can buy yeast-free tamari at Health Food Stores), truffles, mushrooms, malted milk.

* **All Cheeses**

* **Vinegar-containing foods and condiments and sauces** - salad dressing, mayonnaise, pickles, catsup, sauerkraut, and sauces such as barbeque, tomato, etc. You can use olive or flax seed oil and lemon juice for a salad dressing.

* **Yeasts, Breads and Pastries**--all white and/or refined and/or yeasty and/or sweetened doughs with sugar in them: buns, bread, rolls, crackers, pretzels, noodles, etc.

Books by Dr. William Crook are helpful:

1. The Yeast-free Cookbook
2. The Yeast Connection