

# Candida Diet Guidelines

For some great Candida diet recipes please visit:

<http://www.geocities.com/HotSprings/4966/recipes.htm>

## What can't I eat?

1. No sugar – not white, brown, maple syrup, corn syrup, rice syrup, sugar substitutes
2. No fruit – except blueberries, blackberries, pomegranate, grapefruit, lemon
3. No white carbohydrates – whole grain pasta, brown, red and wild rice, and potatoes that are not baked are fine
4. No yeast – except Ecco Panne di grano bread and Terre breads (they taste wonderful and are available at Super Value)
5. No crackers - except brown rice crackers
6. No shellfish – other fish are fine
7. No pork or beef
8. No dairy except organic plain yogurt, goat milk and cheese, butter, no margarine
9. No Soya milk or rice milk
10. No vinegar or alcohol

## What can I eat?

- Vegetables, vegetables, vegetables. Legumes, beans, tofu (Avoid mushrooms they are a fungus)
- Nuts – organic peanut butter is fine and nuts, tahini, nut butters, almond milk, avoid peanuts they contain mold
- Mayonnaise, not miracle whip (but go easy as it does often contain vinegar)
- Flax oil, pure virgin olive oil, hemp oil, udo oil, sesame oil
- Game meats such as moose, elk, buffalo, and lamb are fine and organic beef. Chicken and turkey are fine

## What about supplements & medications

- Stop taking **RF1** during your cleanse (due to the long chain glucose polymers) and stop using **RF2**, as Candida loves to feed on these powerful minerals
- Continue taking **RF3** as it will improve the cortisol levels and prevent adrenal fatigue while detoxing)
- Continue with all prescription drugs

## For best results in a short time *stick to your diet*

It takes about 2 weeks for cravings to subside. *Follow instructions exactly* – no cheating!

For many people 2 weeks on the Candida diet will do the trick, but we are individuals, and we have differing levels of general health. Remember Candida interferes with your immune system and your general physical condition, so following the detoxification program there will be an important period of adjustment and rebuilding.