

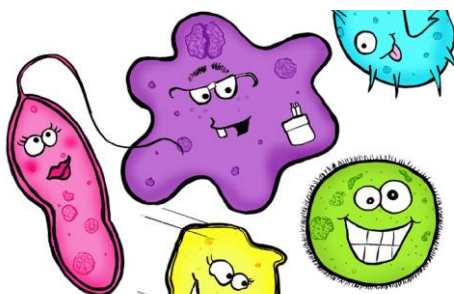
Anti-Candida Diet

Candida albicans is one of many microorganisms which naturally lives in our digestive and genitourinary tract. When numbers are balanced by a healthy population of beneficial bacteria they can all live together happily and harmoniously. Poor diet, medications, hormonal imbalance, stress or illness can disrupt the balance of beneficial to non-beneficial microbes in both the digestive and genitourinary tract resulting in a population increase of *C. albicans* (yeast). This can present as a variety of signs and symptoms that your practitioner can identify. Restoring balance to the microbial population in your body may involve a variety of techniques, including the reduction of quickly absorbed sugars in your diet which facilitates *C. albicans* growth. Other therapies may be introduced to encourage healthy microorganism balance.

In a Nutshell What is Involved?

Your practitioner will ask you to eat only foods on the **OK to Include list** and **Shopping List** on the following pages. The restrictive diet is implemented for a period of time determined by your practitioner and based on your symptom severity.

It isn't a 'forever diet' so don't forget to keep in contact with your practitioner who can monitor your progress and help you out with meal ideas. After a period of time you will be instructed to begin eating a clean wholefood diet that includes a wider variety of foods. Hopefully you won't go back to any bad habits!



*"It's not a 'forever diet'.
Just a tool to help
re-establish balance in your
body's microbial population"*

Will I feel Better Right Away?

Adapting to an Anti-Candida diet can be hard for some, particularly if your diet is high in refined sugars and processed foods. In the initial stages of adapting to the diet the body can experience what is termed a 'die-off reaction'. As a microorganism *C. albicans* or other identified microbes will fight for survival and will often release chemicals into their surrounding environment as they are starved of sugars. This can result in you feeling under the weather, irritable, headachey or your symptoms might feel worse before they feel better. Let your health practitioner know if any of these happen and they may be able to offer some suggestions to make you feel a little better.

Generally after the first week or two people start to feel better.



Anti-Candida: AVOID		Anti-Candida : OK TO INCLUDE	
PROTEINS (MEAT, FISH, POULTRY, LEGUMES)			
<ul style="list-style-type: none">Processed meatsSalami, ham, sausages, smoked or cured meats		<ul style="list-style-type: none">Seafood and fish – fresh or cannedChicken, turkeyLean beef, pork lambPreferably organicTofu, tempehTextured Vegetable Protein (TVP)Beans/Legumes: Not more than 1 cup cooked per dayAny bean, split peas and legumesEggs	
FRUIT			
<ul style="list-style-type: none">All fruits, dried fruits and juices		<ul style="list-style-type: none">Lemon or LimeSmall quantity of berries	
VEGETABLES			
<ul style="list-style-type: none">MushroomsStarchy vegetablesPotatoes,CornSweet potatoes,Pumpkin		<ul style="list-style-type: none">Non starchy vegetablesRaw, steamed, stir fried, baked	
NUTS, SEEDS, OILS AND FATS			
<ul style="list-style-type: none">PeanutsPistachiosMargarinePrepared salad dressings,SpreadsSaucesMayonnaiseAll refined or whole grains, breads, baked goods, products made with flour		<ul style="list-style-type: none">Nuts: Whole or as nut butters or spreads (no sugar)WalnutsHazelnutsPecans,AlmondsCashewsFlaxseeds,Sesame seeds/oilSunflower seedsPoppy seedsAvocadoButterCold pressed oils (Olive, flaxseed, sesame)Macadamia oil/nut, walnut oil, coconut oil	
DAIRY AND DAIRY ALTERNATIVES			
<ul style="list-style-type: none">Cheese: Cow, soyMilk: Cow, rice, almond, oat and sweetened soy		<ul style="list-style-type: none">Cow, sheep or goat plain unsweetened yoghurtsUnsweetened soy milkCoconut milk (no sweetener)Unaged goat cheese	
SEASONINGS AND CONDIMENTS			
<ul style="list-style-type: none">VinegarsPreserved foodsSauerkraut, pickles, productsAnything preserved in brine or vinegar		<ul style="list-style-type: none">Lemon and lime juiceRaw unfiltered apple cider vinegarBalsamic vinegar	
<ul style="list-style-type: none">Sugar, honey, maple syrup, molasses, corn syrup, fruit sweeteners		<ul style="list-style-type: none">Stevia	
<ul style="list-style-type: none">Prepared salad dressings and saucesSpreadsJams and peanut butter		<ul style="list-style-type: none">All spicesGarlicHummus	
DRINKS			
<ul style="list-style-type: none">Soft drinksAlcoholCoffee		<ul style="list-style-type: none">Filtered, spring, or distilled waterHerbal tea Roobios tea	



ANTI-CANDIDA SHOPPING LIST	
PROTEINS (MEAT, FISH, POULTRY, LEGUMES)	
Organic, wild where possible <input type="radio"/> Chicken, turkey, duck <input type="radio"/> Fresh ocean fish - Salmon, cod, tuna <input type="radio"/> Shellfish <input type="radio"/> Water packed canned tuna and salmon <input type="radio"/> Lamb <input type="radio"/> Wild game <input type="radio"/> Kangaroo <input type="radio"/> Lean beef or pork <input type="radio"/> Eggs	Meat substitutes <input type="radio"/> Tofu – regular or silken <input type="radio"/> Tempeh <input type="radio"/> Textured Vegetable <input type="radio"/> Protein Beans – 1 cup maximum /day Dried or canned without added sugar <input type="radio"/> Beans <input type="radio"/> Lentils <input type="radio"/> Split peas
FRUIT	
<input type="radio"/> Lemon <input type="radio"/> Lime	<input type="radio"/> Blueberries <input type="radio"/> Raspberries/blackberries
VEGETABLES	
<input type="radio"/> Artichoke <input type="radio"/> Asparagus <input type="radio"/> Avocado <input type="radio"/> Bamboo shoots <input type="radio"/> Beet tops <input type="radio"/> Bok choy <input type="radio"/> Broccoli <input type="radio"/> Brussels sprouts <input type="radio"/> Cabbage – all types	<input type="radio"/> Capsicums <input type="radio"/> Celery <input type="radio"/> Chives <input type="radio"/> Coriander <input type="radio"/> Cucumber <input type="radio"/> Dandelion greens <input type="radio"/> Eggplant <input type="radio"/> Endive
<input type="radio"/> Garlic <input type="radio"/> Green beans <input type="radio"/> Kale <input type="radio"/> Leeks <input type="radio"/> Lettuce <input type="radio"/> Okra <input type="radio"/> Onions <input type="radio"/> Parsley <input type="radio"/> Radish	<input type="radio"/> Sea vegetables – seaweed, kelp, nori, dulse, hiziki <input type="radio"/> Peas <input type="radio"/> Spinach <input type="radio"/> Sprouts <input type="radio"/> Tomatoes <input type="radio"/> Watercress <input type="radio"/> Zucchini
NUTS, SEEDS, OILS AND FATS	
Can be used as butters or spreads <input type="radio"/> Almonds <input type="radio"/> Cashews <input type="radio"/> Flaxseeds <input type="radio"/> Hazelnuts <input type="radio"/> Pecan	<input type="radio"/> Poppy seeds <input type="radio"/> Pumpkin seeds <input type="radio"/> Sesame seeds <input type="radio"/> Sunflower seeds <input type="radio"/> Walnuts <input type="radio"/> Coconut oil
DAIRY AND DAIRY ALTERNATIVES	
<input type="radio"/> Unsweetened cow or goat yoghurt <input type="radio"/> Unsweetened soy milk	<input type="radio"/> Coconut milk <input type="radio"/> Fresh unaged goat cheese
SEASONINGS AND CONDIMENTS	
All spices <input type="radio"/> Garlic <input type="radio"/> Hummus <input type="radio"/> Stevia	Vinegars / vinegar Replacements <input type="radio"/> Lemon or lime juice <input type="radio"/> Raw unfiltered apple cider vinegar <input type="radio"/> Balsamic vinegar
DRINKS	
<input type="radio"/> Herbal tea (no sweetener) <input type="radio"/> Rooibos tea	<input type="radio"/> Spring water <input type="radio"/> Distilled water

