

Anti-Candida Diet

- Avoid foods high in simple carbohydrate content such as refined sugars (sucrose, fructose, corn syrup), fruit juices, honey and maple sugar.
- Avoid foods with high content of yeast or mold, including alcoholic beverages, cheeses, dried fruits, melons and peanuts. These foods promote candida overgrowth.
- Avoid milk and milk products, due to their high content of lactose (milk sugar) and antibiotics.
- Limit intake of high carbohydrate vegetables such as potatoes, corn, and parsnip.
- Avoid all known or suspected allergens, since allergens can weaken the immune system and provide a more hospitable environment for the yeast.
- Foods which can be eaten freely include all vegetables (except those mentioned above), protein sources (legumes, fish, poultry and meats) and whole grains. Two to three one-cup servings of the following fruits can be eaten per day as well - apples, blueberries, cherries, other berries and pears.
- Common spices which have powerful candida killing substances include ginger, cinnamon, thyme, balm and rosemary. These can be used in cooking or as teas.
- Garlic has been shown to have a marked antifungal ability against *Candida albicans*. The cloves can be taken raw or put in food dishes.