

## THRUSH DIET SHEET

# The Anti-Candida Diet

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Whilst this diet may appear strict, the key thing to remember is that it is only needed short term for a maximum of six weeks, and the more you comply with it, the more quickly your symptoms will disappear. The most important things to be eliminated are sugar and yeast, both of which can ferment and impact on the pH of the body more than any other foods. Before you start the diet, clean out your pantry and put any of the foods to avoid in a box and store them away from temptation for the duration of the diet.

### The Anti-Candida Diet—Foods to avoid

- **Alcohol**- wines, beer champagne, whiskey brandy, gin, rum, vodka, liqueurs, cider, root beers
- **Fruits**- Melons, grapes, oranges, dried candied and glazed fruits
- **Vegetables**- mushrooms, zucchini. If using potatoes ensure they are mould free- it is best to use new potatoes
- **Sprouted greens**- alfalfa, mung beans, bean shoots
- **Dairy**- all cheese except ricotta and cottage. Avoid buttermilk and sour cream
- **Baked goods containing yeast**: breads, croissants, instant pastry, rolls cakes etc
- **Processed, smoked and sugar-cured meats**: salami, frankfurts, corned beef, ham, bacon. Devon, smoked salmon, continental sausages etc
- **Fermented foods**- e.g. sauerkraut
- **Vinegar containing foods**: salad dressings, mayonnaise, horseradish sauce, olives, snack foods
- **Supermarket foods**: most canned, bottled, boxed, frozen, packaged and processed foods containing MSG, yeast or sweetening agents, plus other undesirable chemicals
- **Sugar or sugar containing foods**: all low-GI carbohydrates e.g. sucrose, maltose, dextrose, corn syrup, rice syrup, fructose, lactose, glycogen, glycerine, honey, molasses maple syrup, date sugar, demerara, and any other artificial sweeteners.
- **Condiments and sauces**: mustard, vegemite, tomato sauce, worchester sauce, steak and barbeque sauce, soya sauce, tamari, shoyu, pickles, chutneys relishes all contain sweetening ingredients such as vinegar MSG etc
- **Malt containing foods**: including instant breakfast cereals, milk shakes, most soya milks, milo, sustagen etc, some coffee substitutes

- **Leftover foods**- may develop mould overgrowth, so freezing is advisable
- **Antibiotics**: specifically penicillin, streptomycin, ampicillin, amoxicillin, keflex, ceclor, septrin, bactrim (note if you take these routinely, consult your health care professional before discontinuing)

### **The Anti-Candida Diet—Allowed Foods**

- Chicken (preferably organic)
- Turkey
- Salmon, tuna and sardines
- All fresh seafood
- Lean Beef
- Veal
- Lean Pork
- Lamb
- Eggs (preferably organic)
- Vegetables- Asparagus, beetroot, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cucumbers, eggplant, capsicum, turnips, spinach, peas, lettuce, onions, parsley, fresh herbs, radishes, string beans, parsnips, tomatoes, potatoes, bok choy, pumpkin, sweet potato, leeks, shallots, spring onions, avocados
- Nuts- almonds, brazils, cashews, walnuts, hazelnuts, pecans, pinenuts, macadamia nuts, pumpkin seeds, sunflower seeds, sesame seeds, poppy seeds, linseeds
- Almond butter, hazelnut butter, cashew butter, tahini, unsweetened pure-fruit jams
- Spaghetti and pastas
- All cold pressed oils (preferably Olive oil)
- Fruits- Apples, apricots, bananas, cherries, grapefruit, lemons, mango, paw-paw, peaches, pears, pineapples, plums, coconut, custard apples, kiwi fruit, strawberries, blackberries, lychees, raspberries
- Semolina, barley, rice, wheat, oatmeal, soya flakes, rye, millet, corn, polenta, maize meal, buckwheat, linseed meal, besan flour, potato flour, arrowroot
- Lima beans, dried peas, lentils, chickpeas, adzuki beans, haricot, black-eye, red kidney beans
- Whole or skim mild plain yogurt (choose those made with lactobacillus acidophilus culture), butter, cream occasionally, ricotta cheese, cottage cheese, oat milk, rice milk

## Suggestions to make it easier

### BREAKFAST FOODS

- Some yeast free mueslis
- Sanitarium Granola
- Shredded Wheat
- Homemade muesli (omitting the dried fruit)
- Yeast free bread
- Home made damper, scones, pancakes, muffins, quiches, pies, golden brand crumpets, ryvita, matzos, table water biscuits, rice cakes, buckwheat crispbreads, rice crispbreads, tamari-free rice crackers

### SNACKS

Onion and garlic rice crackers, plain seeds linseeds, rice crackers, tamari-free rice puffs, potato chips without cheese, chicken or vinegar flavours, plain corn chips, unsweetened carob confectionary and biscuits (only as a treat), hot potato chips (no vinegar)

### DRINKS

Water-filtered decaffeinated coffee, malt-free coffee substitutes, herb teas, madura, Formosan and rooibos teas, plain and sparkling mineral water, filtered tap water, malt-free soya milk, home squeezed grapefruit juice, homemade lemon barley water, Pau D'Arco tea, unsweetened carob, all vegetable juices, lemonade made from one part unsweetened apple juice to seven parts plain or mineral water.

### SWEETENING

Apple concentrate, fresh fruit, fruit purees, unsweetened pure-fruit jams

### SEASONINGS

Homemade mayonnaise, homemade salad dressings using lemon juice instead of vinegar and olive oil, fresh herbs or homemade pesto

### THICKENING AGENTS

Lecithin, arrowroot, flours

### ALLOWABLE FOODS TO EAT MINIMALLY

Whole grains and starchy vegetables until symptoms lessen.  
Fruit and diluted fruit juices, which may cause yeast to grow.  
Nuts and seeds (small amounts).  
Beans and other legumes (small amounts).

**ALLOWABLE FOODS TO EMPHASISE**

Eggs, fish, chicken, turkey, seafood, lamb, and veal.

Vegetables except corn and potatoes.

Vegetables that inhibit the growth of Candida: raw garlic, onions, cabbage, broccoli, turnip, kale.

**SUPPLEMENTS FOR ANTI-CANDIDA DIET (TAKE FOR ONE MONTH)**

- Yeast-free multi-vitamin/minerals
- 1000 milligrams vitamin C, three times a day (preferably timed release)
- Pau D'Arco capsules 6 per day - 2 at each meal
- Lactobacillus acidophilus capsules (preferably enteric coated)- to increase intestinal bacteria, take these before retiring, and not with other supplements.

**WHEN TO REINTRODUCE OTHER FOODS**

As soon as you are free from symptoms, begin reintroducing a few foods slowly. The last ones to add should be sugar, yeast, vinegar, and mushrooms.

**If you have experienced quite severe symptoms, it may be necessary for you to stay on the Anti-Candida Diet for a number of months.** The more thoroughly you are able to stay on this diet, the faster you can eliminate excess Candida. However, it is better to be on a modified diet than on no diet at all. Some patients would rather eat sugar or have a glass of wine occasionally even though it may mean being on the diet for a longer period of time.

If after following the diet and supplement suggestions, you continue to experience Candida symptoms, we strongly recommend you consult your health care provider for further investigation.