

CANDIDA DIET NUTRITION GUIDE

NON-STARCHY VEGETABLES

- Asparagus & Artichokes
 - Broccoli & Cauliflower
 - Brussels Sprouts
 - Cabbage & Kale
 - Celery & Cucumber
 - Spinach & Swiss Chard
 - Zucchini & Eggplant
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HEALTHY PROTEINS

- Wild-caught Salmon
 - Organic Chicken & Turkey
 - Grass-fed Beef
 - Pasture-raised Eggs
 - Sardines & Herring
 - Anchovies
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HEALTHY FATS & OILS

- Virgin Coconut Oil
 - Extra Virgin Olive Oil
 - Avocado Oil
 - Flax Oil
 - Ghee (Clarified Butter)
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NUTS, SEEDS & LOW-MOLD

- Almonds (soaked)
 - Walnuts
 - Chia Seeds
 - Flax Seeds
 - Pumpkin Seeds (Pepitas)
 - Sunflower Seeds
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LOW-SUGAR GRAINS (PSEUDO-GRAINS)

- Buckwheat
 - Millet
 - Quinoa
 - Oat Bran
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HERBS, SPICES & PROBIOTICS

- Apple Cider Vinegar
- Garlic & Onion

- Ginger & Turmeric
 - Oregano & Thyme
 - Kimchi & Sauerkraut (unpasteurized)
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STRICTLY AVOID (PHASE 1)

- **Sugar:** Honey, Syrup, Agave
 - **Fruit:** High-sugar fruits, Melons
 - **Gluten:** Wheat, Rye, Barley

 - **Alcohol:** Wine, Beer, Spirits
 - **Dairy:** Milk, Cheese, Cream
 - **Additives:** MSG, Preservatives
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This is a general template for informational purposes only. Consult a healthcare professional before starting any restrictive diet.