

ELIMINATION LIST

CANDIDA DIET: PHASE ONE

Strict Restricted Foods Reference

Sugars & Sweeteners

- White & Brown Sugar
 - Honey & Agave
 - Maple Syrup & Molasses
 - High Fructose Corn Syrup
 - Aspartame / Saccharin
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Grains (Glutinous)

- Wheat & White Flour
 - Rye & Barley
 - Spelt
 - Pasta & Couscous
 - Breaded Foods
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High-Sugar Fruits

- Bananas & Mangoes
 - Grapes & Melons
 - All Dried Fruits
 - Fruit Juices
 - Canned Fruit in Syrup
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Dairy Products

- Milk & Cream
 - Soft Cheeses (Brie, Camembert)
 - Melted/Processed Cheeses
 - Condensed Milk
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Fungi & Ferments

- Mushrooms (All types)
- Alcohol (Wine, Beer, Spirits)
- Soy Sauce & Tamari
- White Vinegar

- Mayonnaise / Ketchup
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Starchy Vegetables

- Potatoes & Yams
 - Corn
 - Peas
 - Parsnips
 - Beets
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Note: Phase One focus is on lean proteins, non-starchy vegetables, and healthy fats. Consult a healthcare professional before starting any restrictive protocol.