

CANDIDA DIET PHASE 1: SUGAR GUIDE

Elimination Phase Reference Chart

CATEGORY	AVOID (HIGH SUGAR/GLYCEMIC)	ALLOWED (LOW IMPACT)
Natural Sugars	Honey, Agave, Maple Syrup, Molasses, Coconut Sugar	Stevia (Pure), Monk Fruit, Erythritol, Xylitol
Fruits	Bananas, Grapes, Mangoes, Dried Fruits, Fruit Juices	Lemons, Limes, Avocado, Berries (Limited)
Hidden Sugars	High Fructose Corn Syrup, Dextrose, Maltodextrin, Sucrose	Check Labels: Must be 0g Added Sugars
Beverages	Soda, Sweetened Tea, Alcohol, Energy Drinks	Water, Herbal Teas, Chicory Coffee, Lemon Water
Condiments	Ketchup, BBQ Sauce, Teriyaki, Sweetened Dressings	Apple Cider Vinegar, Olive Oil, Mustard, Fresh Herbs

Phase One Protocol: Focus on starving yeast overgrowth by maintaining a blood sugar baseline. Read all ingredient labels for "ose" endings (glucose, lactose, fructose) which indicate hidden sugars.

Template Example Only â€¢ Consult a Healthcare Professional Before Starting a New Diet