

CANDIDA DIET PHASE 1

Approved Non-Starchy Vegetable Reference Chart

Leafy Greens

- Spinach
- Kale
- Swiss Chard
- Arugula
- Romaine Lettuce
- Bok Choy
- Cabbage (Green/Red)

Cruciferous

- Broccoli
- Cauliflower
- Brussels Sprouts
- Radishes
- Kohlrabi

Alkalizing & Fiber

- Asparagus
- Celery
- Cucumber
- Zucchini
- Green Beans
- Okra

Alliums & Herbs

- Garlic (Raw)
- Onions (Moderate)
- Leeks
- Chives
- Fresh Parsley
- Fresh Cilantro

Note: Phase 1 excludes starchy vegetables (potatoes, corn, peas, carrots, beets, and squash).