

Candida Protocol

Please follow the protocol below as best you can for 6-8 weeks.

Eat As Much As You Want

Vegetables

Eat as many of the following vegetables as you want. Exceptions to follow.

Artichoke, asparagus, beets, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, celery, chives, cucumber, bell peppers, chard, spinach, mustard greens, beet greens, collard greens, kale, garlic, lettuces, onion, parsley, radishes, string beans, tomatoes, zucchini, all herbs, jicama, fennel, endive, seaweeds.

Protein

Having a bit of protein with each snack or meal is important to help reduce any cravings that come up as yeast is being eliminated. The protein will also help to keep blood sugar balanced.

- Organic free range eggs, chicken, turkey, fish, legumes (chickpeas, black beans, etc), lentils, lean beef and lamb. Quality is important here – naturally raised meat is ideal, as is wild fish
- Nuts and seeds – almonds, walnuts, pecans, pine nuts, macadamia nuts, hazelnuts, sesame seeds, sunflower seeds, pumpkin seeds, hemp seeds, chia seeds, flax seeds, sacha inchi seeds, etc. All nuts/seeds should be eaten raw, unsalted and unsweetened. Unsweetened nut and seed butters are also permitted.

*See below for nuts to avoid.

Fats + Oils

Fats and oils are a very important part of your diet and should be consumed daily. Healthy fats include:

- Cold pressed olive oil
- Unrefined nut and seed oils (hemp, flax, walnut, pumpkinseed, sesame, etc.)
- Virgin coconut oil

Beverages

Make sure to stay hydrated at all times to ensure that yeast being killed off are effectively flushed from the body.

- Water
- Unsweetened herbal teas
- Unsweetened rice or nut milks
- Coconut milk

Condiments

- Oils (as listed previously)
- Lemon juice
- All fresh and dried spices and herbs
- Fresh salsa
- Hummus
- Salt and pepper

Eat in Moderation

Starchy Foods

- Yams
- Sweet potatoes
- Squash (butternut, acorn, spaghetti, kabocha, banana squash, etc.)
- Carrots
- Whole gluten-free grains (try to consume them in their natural state whenever possible, ie. as grains, not flour)
- Amaranth
- Brown rice
- Millet
- Quinoa
- Wild rice
- Buckwheat
- Teff
- Oats labeled uncontaminated

*The total of starchy foods should be no more than 1 cup per day.





Eat in Moderation

Grains in flour form

Grains in Flour Form – grains in flour form may be eaten occasionally but should not be the main source in your diet. This includes things like:

- Crackers
- Baked goods
- Gluten-free pasta

Alternative Sweeteners

*Stevia can be used if necessary

Low-sugar fruits

Best choices are:

- Apples
- Pears
- Berries and grapefruits

*Avoid fruit for the first 3 weeks. After that time, fruit can be added back in – pay close attention in case any symptoms resurface. 1 serving a day at the most.

Include the following foods as much as possible as they have anti-fungal properties or have been shown to have a positive effect on candida

- Aloe vera – have this in the morning mixed with water (choose inner fillet aloe vera juice with no added sweeteners)
- Coconut – any coconut products are good, but especially coconut oil
- Cayenne pepper
- Garlic
- Ginger
- Lemon juice
- Onion
- Pumpkin seeds
- Turnips/Rutabaga – cube, toss with garlic, salt, pepper and olive oil, bake at 350 degrees for about 20 min.
- Seaweeds – kelp powder can be sprinkled on any food; use as a salt substitute

FOODS TO AVOID

Sugars + sweeteners

Any food containing added sugar must be avoided in order to starve and eliminate yeast overgrowth:

- White or brown sugar
- Coconut sugar
- Maple syrup
- Honey
- Agave
- Brown rice syrup
- Molasses
- Artificial sweeteners such as Splenda,
- Additives such as malitol, sorbitol, fructose, glucose, sucrose, etc.

Tropical and high-sugar fruits

- Banana
- Mango
- Grapes
- Papaya
- Pineapple

Vegetables

- Mushrooms
- Potatoes
- Corn

Dairy Products

All animal dairy products should be eliminated as they can disrupt healthy gut flora. This includes:

- Milk
- Yogurt
- Cheese
- Butter
- Cream
- Sour cream
- Cottage cheese

Proteins

- Bacon and other processed/cured meats
- Pork
- Organ meats
- Seafood (other than fish)

