



DENTON COMBS CENTER FOR EXCELLENCE IN CARE

5124 S Western Ave Sioux Falls SD 57108 • Phone: 605-274-3898 Fax: 605-274-3899

Candida Diet: Stage 1 Foods to Avoid: At least 5 Weeks, May Take Longer

FRUITS – The high sugar content in fruit feeds the Candida. Fruits like melon may also contain mold.

- Canned Fruit
- Dried Fruit
- Fresh Fruit
- Fruit Juice

VEGETABLES – Starchy vegetables will break down into simple sugars and feed the Candida.

All beans except green beans

- Beets
- Brussels Sprouts
- Carrots
- Corn (Popcorn)
- Parsnips
- Peas
- Potatoes
- Sweet Potatoes
- Squash
- Tomatoes
- Yams

DAIRY – All dairy products. Holistic practitioners recommend that Candida sufferers dramatically reduce their dairy intake. Candida prevents the body from processing fat properly.

- Cheese (all)
- Ice Cream
- Milk
- Sour Cream
- Yogurt

ADDITIVES & PRESERVATIVES – Citric acid is derived from yeasts. Chemicals can disrupt your friendly bacteria and allow the Candida yeast to flourish. Citric acid is often found in canned tomatoes.

- Anything on the list of ingredients that you do not know or cannot pronounce!
- Brown Rice Syrup
- Citric Acid

ALCOHOL – Alcohol is high in sugar that can feed the growth of the Candida. Alcohol also puts stress on your organs and immune system.

- Beer
- Spirits
- Wine

CAFFEINE/DECAF STIMULANTS – Caffeine, sugar and sweeteners all kickstart Candida. Taurine in energy drinks is another culprit. Even decaffeinated drinks should be avoided, as they contain residual levels of caffeine.

- All Soft Drinks (regular and diet)
- Coffee
- Energy Drinks
- Tea

GLUTINOUS FOODS – Some Candida sufferers have high sensitivity to Glutens. Give your immune system a break and allow it to focus on the Candida.

- Anything made with wheat, rye, oats, or barley (e.g. white bread, wheat bread, rye bread, pasta, tortillas, baked goods, cereals, etc.)
- Spelt products

NUTS – Ingesting mold can promote a Candida breakout. If you like nuts, stick to freshly cracked or whole ones.

- Nuts that are high in mold (e.g. peanuts or pistachios)

MUSHROOMS/MOLDS – Candida loves to feed on mold and fungi. Leftover food can contain mold that will feed your Candida. If you cannot buy fresh, keep leftovers frozen and then cook on a high heat in the oven, not microwave.

- Mushrooms
- Truffles

CONDIMENTS – Condiments tend to be high in sugar and can exacerbate your Candida. For an alternative salad dressing, try Paul Bragg's Liquid Aminos, or a simple olive oil and lemon juice dressing.

- Ketchup
- Horseradish
- Mayonnaise
- Mustard
- Relish
- Salad Dressings
- Soy Sauce

SUGARS – Read food labels to make sure your food does not contain sugar. Sweeteners like Aspartame, Saccharin, etc. can also make your Candida worse. A small amount of all natural Stevia and Xylitol is acceptable to have.

- Artificial Sweeteners
- Chocolate
- Fructose
- Lactose
- Sucrose
- Sugars
- Syrup

VINEGAR – Vinegar is made in a yeast culture; it depletes the stomach of acids and can also cause inflammation in your gut. One particular vinegar, unfiltered apple cider vinegar, can actually be helpful in combating yeast.

- All products containing vinegar like pickles, green olives, etc.
- All vinegars, except for Apple Cider Vinegar

FATS AND OILS – Peanut, cottonseed, orn and canola oil are mold contaminated. Most soy beans used in soy oil are GMO (if you really like it that's OK, but make sure you buy organic).

- Canola Oil
- Corn Oil
- Cottonseed Oil
- Margarine
- Peanut Oil
- Shortening
- Soy Oil