



## 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 Eat

VEGETABLES – Vegetables starve the Candida of the sugar and mold diet that feed it. They also absorb fungal poisons and carry them out of your body. Avoid starchy vegetables such as carrots, sweet potatoes, potatoes, yams, parsnips, and all beans except green beans. You should buy your vegetables fresh and eat them raw, steamed, or grilled. Add a little garlic and onions for flavor as they are especially helpful with Candida.

- Asparagus
- Avocado
- Broccoli
- Cabbage
- Celery
- Chickpeas, Humus (watch added sugars and carbs)
- Coliard Greens
- Cucumber
- Eggplant
- Garlic (raw)
- Kale
- Leeks
- Lettuce, any kind
- Okra
- Olives, Black
- Onions, Yellow only (no sweet ones)
- Peppers, all kinds and colors
- Radish
- Seaweed
- Spaghetti Squash
- Spinach
- Summer Squash
- Swiss Chard
- Turnip
- Zucchini

#### FRUITS

- Lemons
- Lemon Juice
- Limes
- Lime Juice

MEATS – Proteins almost completely free of sugars and mold, so they fill you up while restricting the Candida. Eat fresh and organic meat if possible. Processed meats are loaded with dextrose nitrates, sulphates, and sugars. Smoked or vacuum packed meats are also best avoided. Most Atkins recipes will also work reasonably well in the Candida Diet. Eggs should be boiled, poached, scrambled, or fired in olive oil.

- Beef
- Buffalo
- Chicken
- Eggs
- Fish
- Ham, Bacon, and Beef Sticks are all okay as long as just meat, no sugars added.
- Lamb
- Pork Turkey
- Venison

NUTS AND SEEDS – Nuts are a high protein and high fiber food that starves Candida and restricts its growth. Avoid peanuts and pistachios as they tend to have a higher mold content. You can remove mold by soaking the nuts in water. Another tip to remove mold; spray the nuts with a diluted grapefruit seed extract solution.

- Almonds (Almond Butter) are the best
- Nuts and seeds that do not contain high mold content

NON-GLUTINOUS GRAINS AND RICE – Grains contain high amount of fiber, excellent for keeping the color clear so Candida does not get a chance to multiply. Grains also act like a pipecleaner in your intestine, grabbing nasty toxins like pollutants, chemicals, pesticides, and heavy metals on their way through.

- Amaranth
- Brown Rice
- Buckwheat
- Millet
- Oatmeal (slow cooked, no sugar added)
- Quinoa
- Wild Black Rice
- Wild Rice

#### DRIED BEANS

- Black
- Kidney
- Red

HERBS AND SPICES – Contain antioxidants and anti-fungal properties. Increase circulation and reduce inflammation. Improve digestion and alleviate constipation. Most herbs and spices are beneficial in your fight against Candida. They are great for livening up food if you are on a limited Candida diet.

- Basil
- Black Pepper
- Cayenne
- Cilantro
- Cinnamon
- Cloves
- Curry
- Dill
- Garlic
- Ginger
- Nutmeg
- Oregano
- Paprika
- Rosemary
- Tarragon
- Thyme
- Turmeric

OILS – Use cold pressed oils. Heating or boiling destroys many of the oil's nutrients.

- Almond Oil
- Coconut Butter
- Coconut Oil
- Flax Oil
- Ghee
- Olive Oil, extra-virgin
- Organic butter
- Macadamia Oil
- Pumpkin Seed Oil
- Safflower
- Sesame Oil
- Sunflower
- Virgin Coconut Oil

#### SEASONING

- Black Pepper
- Salt
- Sea Salt

HERBAL TEAS – All of these herbal teas have anti-fungal properties. If you are missing your morning coffee try Green Tea instead.

- Chamomile Tea
- Cinnamon Tea
- Clove Tea
- Ginger Tea
- Licorice Tea
- Lemongrass Tea
- Green Tea
- Pau D'arco Tea (available at Wayne & Mary's)
- Peppermint Tea

#### BEVERAGES

- Rice milk and Rice cheese (located at HyVee is okay)
- Water

MISCELLANEOUS – Stevia in all natural form and no additives or other artificial sweeteners or sugars and Xylitol are acceptable.

- Stevia, in small amounts
- Xylitol in small amounts for gum (located at Wayne & Mary's and other health markets)