



Health Fact Sheet

Candida Albicans Diet Sheet

A strict sugar-free, yeast-free diet supported by anti-fungals and immune-boosting supplements will successfully eradicate candida overgrowth from your system.

Foods to avoid include the following:

Yeast – this includes cutting out bread, pizza and savoury spreads, any cakes with a bread-like texture, vinegar, many ready-made meals, soy sauce, sour cream, malt and many stock cubes. Instead think of using rye bread, pitta or soda bread, chappati and any other unleavened bread.

Sugar – sweets, cakes, biscuits, pastries, canned foods with added sugar (you'll be surprised how many of these there are!), anything with sucrose, fructose, glucose, dextrose or lactose on the label, maple syrup, honey, treacle, malt, jam (including no added sugars), chutney and pickles, ice-cream, sweet puddings, peanut butter, baked beans, dried fruits, sweet, fizzy drinks and squashes. If in doubt, check the label! If you want a sweet taste, consider the diabetic ranges of chocolates etc found in some supermarkets and chemists.

Refined carbohydrates – this includes white rice and pasta. Many of these products are made from refined wholegrains which have lost most of their nutrient value and form the basis of many 'junk' foods. Try instead brown rice, wholegrain, corn or vegetable pastas. Check labels for modified starches.

Fruit Juices, fresh and dried fruits – these contain large quantities of natural sugars. Re-introduce a single piece of fruit a day after one month.

Fungi and moulds – mushrooms, melons, blue cheeses and black olives in particular

Nuts – be wary of nuts, they can harbour moulds, especially peanuts – ensure fresh

Alcohol – beer and wine is fermented using yeasts, and many alcoholic drinks are high in sugar.

Instead, eat plenty of:

Fresh, unprocessed vegetables – preferably steaming them or eat them raw. Include plenty of these in casseroles, soups, salads, vegetable bakes etc. Fresh garlic is good to use and green, leafy vegetables in particular ie. spinach & 'greens' as they contain naturally occurring anti-fungal agents

Whole grains – millet, brown rice, quinoa, buckwheat are amongst those that are usually well tolerated. Rye and oats are usually ok as well. Wheat tends to be problematic, and is usually accompanied by yeast or sugar in the western diet.

Beans and pulses – beans, lentils, peas and pulses (not from a can!) can all be used in delicious meals and are excellent foods.

Nuts and seeds – use as fresh, raw and unprocessed as possible. But beware of any which may have been hanging around a long time, moulds can develop.

Meat, poultry – it is best to limit your intake of meats anyway, but if using meat ensure it is organically reared and avoid factory-farmed and battery-bred sources as they are often contaminated with antibiotics and growth promoters.

Fish – salmon, mackerel, trout, sardines and tuna are all good sources – again be wary of factory-farmed salmon and trout.

Eggs – ensure they are free range. Columbus eggs are high in Omega 3 essential fats.

Fruit – this should be cut out completely initially, and then can often be re-introduced after a month or so choosing from the low glycaemic fruit choices. Those particularly high in sugar include figs, dates and raisins so avoid those.

Other things to consider:

Drink plenty of water as this helps to flush toxins out quickly – a minimum of 4 pints a day is recommended.

Also drink herbal teas – rosehip tea is high in Vitamin C, nettle helps cleanse the blood, echinacea boosts the immune system and pau d'arco is a good anti-fungal.

Live bio-yoghurt helps to replace some of the missing 'friendly' bacteria. Be wary of some of the probiotic drinks as they can contain sugar.

Fermented foods such as kefir, kimchi, sauerkraut etc are excellent probiotic foods also.

CHECK ALL LABELS – sugar is hidden in so many foods!

Do not get too depressed and stressed about this diet – although it seems drastic there are lots of tasty nourishing recipes available to help you, and it is not forever. Your reward will be feeling healthier and more energetic than you have felt in a long time. If you fall off the wagon occasionally (and we all do!) the return of your symptoms will spur you on to renewed efforts.