

## CANDIDA DIET

Books by Dr. William Crook are helpful: **The Yeast-free Cookbook and The Yeast Connection**  
Stores To Shop In: **Whole Foods, Wild Oats, Healthy Aisles, Ajs, Health Food Stores**

### A. Foods You CAN Eat:

\* **Vegetables**--fresh or frozen: Asparagus, beets, broccoli, brussel sprouts, cabbage, carrot, cauliflower, celery, cucumber, eggplant, green pepper, greens (turnip, spinach, mustard, beet, collard, kale, lettuce, etc.), onion, parsley, peas, fresh tomato, squashes, zucchini, sweet potato, radish, avocado, corn, parsnip, and generally, etc. NO white potatoes (any potato that is white inside).

\* **Beans and legumes and peas** (IF DIABETIC LIMIT THESE OR COMPLETELY AVOID)

\* **Fruits**--You can have NO fruits for the first two weeks of the diet, and then just ONE fresh fruit a day from then on.

\* **Protein (unless allergic)**--beef, chicken, turkey, lamb, bison, veal, egg, fish, tuna, salmon, rabbit, elk, moose, deer, duck, goose, wild birds, pork, tofu, plain yogurt.

\* **Beverages**—milk (if you can handle dairy), water, club soda and mineral water (can add lemon juice to them—and if you do not have a lot of bloating with your illness), coffee substitutes (Pero, Roma, Cafix, which are instant; Teechino, which is brewed 1 TBS per ten cup pot). Herbal tea is okay if one drinks it promptly.

\* **Nuts and Seeds**--All of them BUT peanuts and pistachios. Pure nut butters are okay, as well. You can buy cashew and almond butter at Whole Foods, Trader Joes, Gentle Strength.

\* **Oils**--Butter, extra virgin olive oil, high oleic unrefined safflower oil, Spectrum Natural Vegetable Spread, Smart Balance, Earth Balance.

\* **Grains** (must be WHOLE grains without Yeast and/or Sugar)—Only eat 1-2 times a day and AVOID COMPLETELY IF gluten or gliadin sensitive or if diabetic)

1. Breads--there are yeast-free breads you can buy at the health food shops.
2. Noodles--there are whole wheat, brown rice, corn, kamut, quinoa, spelt noodles at the health food shops.
3. Crackers--plain rice or popcorn cakes, plain Ry-krisp/Ry-Vita, WASA, Akmak, etc.
4. Brown rice, millet, oatmeal
5. Popcorn

#### \* Other:

- o You can have a small amount of chocolate daily (preferably dark and when possible sugar free, to keep your sanity. )
- o You can use inositol or glycine as a sweetner if using to treat anxiety, adrenals or stress.
- o Use a variety of spices to falvor but check condiments for sugar.

### B. Food You CANNOT Eat:

\* **All Types of Sugar and Sugar-Containing Food** --soda pop, candy, pastries, fruit juices and juice drinks, cookies, cake, pies, ice cream; read LABELS!!! You can eat no sweeteners either of any sort: sugar, honey, molasses, brown sugar, high fructose corn syrup, etc. and so forth. No artificial sweeteners are allowed, either.

\* **Fruit juices**--either canned, bottled, frozen. ONLY freshly prepared vegetable juices are allowed.

#### \* Antibiotics

\* **Alcoholic beverages**--beer, wine, champagne, hard liquors. Included is all fermented beverages and tinctures, cough syrups and other medications.

#### \* Dried fruits or fruits with exception of berries

#### \* All Melons

\* **Fermented, molds, malted products**--soy sauce (you can buy yeast-free tamari at Health Food Stores), truffles, mushrooms, malted milk.

#### \* All Cheeses

\* **Vinegar-containing foods and condiments and sauces**--salad dressing, mayonnaise, pickles, catsup, sauerkraut, olives, and sauces such as barbeque, tomato, etc. You can use olive or flax seed oil and lemon juice for a salad dressing.

\* **Yeasts, Breads and Pastries**--all white and/or refined and/or yeasty and/or sweetened doughs with sugar in them: buns, bread, rolls, crackers, pretzels, noodles, etc.