



# ANTI-CANDIDA DIET

Allowable foods



*Dominique Ludwig*  
Nutrition



Notes on different foods with Candida diet - Food List – what to eat – what to avoid.

Foods	Avoid / Reduce	Notes
<b>Sugar, in all its forms</b>	White and brown sugar, fruit juice, soft drinks and squashes, honey, maple syrup, dextrose, glucose, jams, cakes, biscuits, confectionary, chocolate, breakfast cereals, molasses etc.	<ul style="list-style-type: none"> <li>Stevia can be used to replace sugar or xylitol or erythritol which are natural sugars that do not appear to feed candida.</li> </ul>
<b>Grains</b>	<p>Avoid wheat and barley. Eat rye and gluten-free oats with care</p> <p>Refined grains such as white flours, white rice, pasta, crisps, couscous, barley, spelt.</p> <p>All bread made with commercial yeast.</p>	<ul style="list-style-type: none"> <li>Choose only wholegrains, such as brown, black, red or wild rice or gluten-free oats</li> <li>Wheat is the main source of gluten which has been shown to increase intestinal permeability in everyone due to its effects on zonulin<sup>1</sup>. You may wish to avoid wheat, barley and rye if symptoms are severe.</li> <li>Some people, tolerate a well fermented rye sourdough bread that contains no commercial yeast, just various wild, naturally occurring yeasts. I would recommend only rye sourdough or sugar-free pumpernickel. Rye is naturally lower in gluten and the fermentation process, helps break down the gluten further making it easier to digest.</li> <li>Swap grains for pseudograins such as quinoa or amaranth in moderation as these contain a mix of protein and carbohydrate.</li> </ul>
<b>Fruit</b>	<p>All dried fruits, fruit juices.</p> <p>Sweet and tropical fruits such as: banana, grapes, pineapple, melon, mango, oranges, papaya, nectarine, peaches, apricots, figs, kiwi, etc.</p>	<ul style="list-style-type: none"> <li>Low glycaemic fruits may be eaten once a day such as blueberries, raspberries, blackberries and strawberries, plums, cherries, pears or apples</li> <li>Lemons and limes are still allowed and may even be beneficial</li> <li>These can be increased as symptoms improve.</li> </ul>
<b>Root Vegetables</b>	Sweet potato, parsnips, potatoes Root vegetables.	<ul style="list-style-type: none"> <li>Root vegetables such as butternut squash, pumpkin, beetroot and carrot can be mostly eaten at one meal a day. They are a source of carbohydrate but can still be enjoyed as I do not believe in complete avoidance.</li> </ul>

<sup>1</sup> Hollon, J., Puppa, E., Gre enwald, B., Goldberg, E., Guerrero, A. and Fasano, A., 2015. Effect of Gliadin on Permeability of Intestinal Biopsy Explants from Celiac Disease Patients and Patients with Non-Celiac Gluten Sensitivity. *Nutrients*, 7(3), pp.1565-1576.



<p><b>Vegetables</b></p>	<p>Mushrooms</p>	<ul style="list-style-type: none"> <li>• Enjoy non-starchy vegetables such as: Asparagus, Avocado, Bean sprouts, Baby sweetcorn, Bamboo shoots, Butternut squash, cabbage: white, red, pointed, savoy, Cavolo nero, Celery, Celeriac, Chard, Chicory, Chinese Leaves, Courgettes, Cucumber, Endive lettuce, French beans, Fennel, Frisee, Garlic, Ginger, Globe artichoke, Green beans, Iceberg lettuce, Jerusalem artichoke, Kohlrabi, Lambs Lettuce, Leeks, Lollo Rosso, Marrow, Mange tout, Okra, Olives, green and black, Onions: red, white, Onion squash (dark orange), Radishes, Runner beans, Romaine lettuce, Samphire, Salsify, Snow peas, Seaweed, , Shallots, Spring onions, Spaghetti squash, Spinach, Swede, Turnips, Carrot, Beetroot, Pumpkin, Aubergine, Bell peppers, Tomatoes, Broccoli, Brussels Sprouts, Cauliflower, White cabbage, Pointed cabbage, Savoy cabbage, Red cabbage, Watercress, Kale, Radicchio, Rocket.</li> <li>• Cooked vegetables may be better tolerated than raw.</li> <li>• Mushrooms do not contain yeasts, but can contain mycotoxins (moulds). Some people are sensitive to certain types of moulds in addition to yeasts.</li> <li>• Some mushrooms such as Oyster, Shitake can however be beneficial for the immune system.</li> </ul>
<p><b>Dairy</b></p>	<p>Cow's milk and cheese, hard cheese, mould cheese, mould rind.  Sour cream, sour milk, milk, buttermilk, aged cheeses.</p>	<ul style="list-style-type: none"> <li>• Aim to eat small amounts of hard (non-aged) cheeses as well as some to eat very fresh soft cheeses, such as sheep or goat.</li> <li>• Yogurt or kefir may or may not be tolerated.</li> <li>• Avoid milk as the lactose (sugar) could feed the candida.</li> <li>• Drink unsweetened milks such as soya, almond, hemp, rice.</li> </ul>
<p><b>Processed Foods</b></p>	<p>Most foods that are pre-packaged or pre-prepared contain hidden sugars or refined grains.</p>	<ul style="list-style-type: none"> <li>• Cook with and eat fresh ingredients, wherever possible.</li> </ul>
<p><b>Beans and Pulses</b></p>	<p>All - may lead to bloating and can feed undesirable gut microbes</p>	<ul style="list-style-type: none"> <li>• Limit to once a week.</li> <li>• Are a source of carbohydrates and can cause bloating.</li> </ul>



<b>Alcohol</b>	Wine and Beer, sake, cider, root beer, ginger ale	<ul style="list-style-type: none"> <li>Many people find that they become intolerant to alcohol while they have a candida overgrowth. Reduce as much as possible.</li> </ul>
<b>Coffee</b>	Coffee beans fermented in their processing and can harbour moulds.	<ul style="list-style-type: none"> <li>Coffee is fermented during processing and can harbour moulds. Some people may also be affected by moulds.</li> <li>Minimise caffeine: Enjoy herbal teas or chicory coffee</li> </ul>
<b>Dried Fruits</b>	These can collect mould and yeasts on their skins during drying process All dried fruits such as apricots, dates, prunes, figs, and raisins	<ul style="list-style-type: none"> <li>Dried fruits are a concentrated source of sugar and can lead to bloating and gas as well as feeding the candida with sugar.</li> </ul>
<b>Fermented foods</b>	Kimchi, sauerkraut, Kombucha, kefir, pickled vegetables, Miso, tempeh	<ul style="list-style-type: none"> <li>These can be brought in later after the overgrowth has been brought under control. See if these affect you.</li> </ul>
<b>Vinegars</b>	All vinegar, including foods soaked in vinegar, pickles foods, salad cream, mayonnaise, ketchup, chilli sauce, relish, mustard	<ul style="list-style-type: none"> <li>Apple cider vinegar (ACV) is well tolerated and usually beneficial. Use raw, unfiltered. Made from apple juice as opposed to wine or malt.</li> <li>ACV may have natural antifungal properties</li> </ul>
<b>Nuts and Seeds</b>	Peanuts, cashew and pistachio?	<ul style="list-style-type: none"> <li>Nuts and seeds are usually well tolerated however some varieties, such as peanuts, cashews, and pistachios can be higher in natural moulds which can be problematic in some people. If in doubt keep them fresh in the freezer.</li> </ul>
<b>Yeast based foods</b>	Marmite, stock cubes	<ul style="list-style-type: none"> <li>Some people may have developed a cross-reactivity to yeasts in food and may not get on with Marmite or stock cubes. Look for low-yeast stock cubes.</li> <li>Nutritional yeast has been deactivated so should still be safe as long as you do not have a yeast allergy.</li> </ul>
<b>Sauces/ Stocks</b>	Avoid fermented sauces such as Soya sauce, Miso which can be problematic	<ul style="list-style-type: none"> <li>Tamari sauce may be tolerated, alternatively try coconut aminos which are generally lower in yeast.</li> <li>Choose low yeast vegetables stock powder.</li> <li>Introduce fermented foods as part of your rebalancing programme.</li> </ul>



**Food List**

**VEGETABLES**

Asparagus (white or green)  
Avocado  
Bean sprouts  
Baby sweetcorn  
Bamboo shoots  
Butternut squash  
Celery  
Celeriac  
Chard  
Chinese Leaves  
Courgettes  
Cucumber  
French beans  
Fennel  
Frisee  
Garlic  
Ginger  
Globe artichoke  
Green beans  
Jerusalem artichoke  
Kohlrabi  
Leeks  
Marrow  
Mange tout  
Okra  
Olives, green and black  
Onions, red, white  
Onion squash (dark orange)  
Radishes  
Runner beans  
Samphire  
Salsify  
Snow peas  
Seaweed, Kelp/ Dulse/ nori/  
Wakame  
Shallots  
Spring onions  
Spaghetti squash  
Spinach  
Swede  
Turnips

**SALAD LEAVES**

Alfalfa sprouts  
Chicory  
Endive lettuce  
Iceberg lettuce  
Lambs Lettuce  
Lollo Rosso  
Romaine

**CRUCIFEROUS VEGETABLES**

Broccoli  
Brussels Sprouts  
Cauliflower  
White cabbage  
Pointed cabbage  
Savoy cabbage

Cavolo nero  
Red cabbage  
Watercress  
Kale  
Radichio  
Rocket

**NIGHTSHADE VEGETABLES**

Aubergine  
Bell peppers, green, yellow,  
orange, red  
Tomatoes

**HERBS AND SPICES**

Basil  
Chives  
Coriander  
Dill  
Marjoram  
Parsley  
Sage  
Rosemary  
Thyme  
turmeric  
Black pepper  
All spice  
Cardamon  
Cinnamon  
Curry powder  
Chilli  
Cumin  
Coriander  
Ginger  
Harissa powder  
Mustard seeds  
Paprika  
Sea salt  
Himalayan Salt  
Spice rubs; jerky, creole,  
Fajita etc. (sugar-free)  
Lemon grass

**FRUITS** (low Glycaemic)  
Apple (braeburn, cox's or  
non-sweet varieties)

Cherries  
Blackberries  
Blackcurrants  
Blueberries  
Raspberries  
Redcurrants  
Pear  
Plums  
*\*One fruit only per day*

**NUTS**

Almonds (almond flour)  
Brazil nuts  
Coconut (coconut flour)  
Macadamia

Nut butters  
Pecans  
Walnuts  
Pine nuts

**SEEDS**

Chia  
Flax (Linseeds)  
Hemp  
Pumpkin seeds  
Sesame seeds (sesame  
Flour)  
Sunflower seeds (sun flour)  
Poppy seeds

**PULSES (beans)** 1 x week

Aduki  
Black beans  
Borlotti  
Butter beans  
Chickpeas / gram flour  
Cannellini  
Flagelot  
Haricot  
Hummus  
Mung  
Pinto  
Soya beans / Edamame /  
Soya flour  
Turtle beans  
Miso Soup  
Bean sprouts (Mung, etc.)

**PULSES (Lentils and Peas)** 1 x  
week only

Beluga Lentils (black)  
Brown lentils  
Red lentils  
Green lentils  
Puy Lentils  
Green / Yellow split peas

**MEAT**

Bacon  
Beef  
Buffalo  
Cured ham  
Lamb  
Pork  
Veal  
Venison

**POULTRY**

Chicken  
Turkey  
Pheasant  
Grouse  
Duck  
Ostrich



**FISH**

Bream  
Cod  
Flounder  
Haddock  
Hake  
Halibut  
Herring  
Monkfish  
Mullet/ Sole  
Plaice  
Red mullet  
Turbot  
Swordfish  
Skate

**OILY FISH**

Anchovies Mackerel (tinned, fresh or smoked)  
Pilchards  
Salmon  
Rainbow trout  
Tuna  
Sardines (tinned or fresh)  
Sprats (tinned)

**SEAFOOD**

Cockles  
Lobster  
Mussels  
Oysters  
Prawns  
Crayfish  
Shrimps  
Tiger prawns  
Crab  
Scallops

**Dairy - Cow's**

Butter  
Cottage cheese  
Hard cheese (little)  
Soft cheese  
Ricotta  
Mozarella  
Soft cream cheese  
Parmesan  
Yogurt (full fat plain)

**Dairy - Other**

Goat Butter  
Buffalo Mozarella  
Goat's cheese roll  
Soft Goat's cheese  
Soft Sheep's cheese  
Hard Goat's cheese  
Manchego (sheep)  
Feta (sheep or Goat)  
Sheep's milk yogurt  
Goat's milk yogurt

**Milks (insweetened)**

Soya milk  
Coconut milk  
Almond milk  
Hemp milk  
Oat milk

**FLOURS**

Quinoa flour  
Buckwheat flour  
Chestnut flour  
Sun flour (sunflower seed flour)  
Coconut flour  
Almond flour  
Chickpea flour  
Sesame flour

**PSEUDOCEREALS**

Amaranth  
Quinoa  
Buckwheat

**EGGS**

Hen's  
Duck  
Quail  
Goose

**FATS/ OILS**

Butter  
Ghee  
Goat's butter  
Goose or duck fat  
Coconut oil (virgin)  
Cold pressed olive oil  
Cold pressed hemp oil  
Cold pressed linseed  
Cold pressed sesame oil  
Toasted sesame oil  
Avocado oil

**Sweeteners**

Xylitol, erythritol  
Stevia

**Other**

Cocoa nibs  
Raw cocoa  
Superfood green powder  
Maca powder  
Acai powder  
Goji berries

**Flavourings**

Coconut Aminos  
Tamari Soy sauce (possibly tolerated)  
Marigold Bouillon Powder (low yeast)  
Sea salt / Rock salt  
Himalayan Salt  
Lea and Perrings  
Liquid Aminos

**Drinks**

Water; fresh, filtered, bottled, sparkling, flat

Black tea  
White tea  
Green Tea  
Matcha Tea  
Rooibusch tea  
Herbal teas

**Foods that can be eaten occasionally and in small quantities**

**STARCHY VEGETABLES**

Sweet potato  
Carrots  
Parsnips  
Beetroot  
Pumpkin  
Sweetcorn  
Peas

**Carbohydrates / Grains**

Rye bread (max 50g daily)  
Wild rice\* - (<50g dry weight)  
Brown basmati rice\* (50g dry weight)  
\*rice only 3 times per week  
Porridge (40g x 2 weekly)

**Beans and lentils 1 x week only**