

CANDIDA YEAST ELIMINATION DIET

Yeast and molds are hidden in many foods today. Reading labels will not disclose yeast/mold contacts entirely because yeast/mold is a naturally occurring substance. Think how the food was prepared to also avoid yeast/mold.

Major Sources of Yeast/Mold:

- Yeast Breads, Rolls *especially homemade
- Sourdough Breads
- Sweet Yeast Breads – i.e. Cinnamon Rolls, Raised Doughnuts
- Vinegar – anything pickled
 - Catsup
 - Mustard
 - Pickles
 - Relishes
 - Salad Dressings
 - Sauerkraut
- Fermented Beverages
 - Whiskey
 - Wine
 - Brandy
 - Gin
 - Rum
 - Beer
 - Root Beer
- Mushrooms, Truffles, Morels
- Aged Cheeses
 - Yogurt
 - Sour Cream
 - Cottage Cheese
- Dried Fruits, Jerky and other dried meats

Hidden Sources of Yeast/Mold:

- Anything enriched or fortified with vitamins (most vitamins are yeast based)
 - Flour
 - Milk
 - Rice
 - Cereals
 - Commercial Gravies and Sauces
- All Fruit and Vegetable Juices (unless homemade)
- Anything Aged or Dried
 - Spices
 - Tea
 - Coffee
- Malt Products
 - Cereal
 - Candy
 - Ice Cream
 - Malted Drinks
- All Cheeses, Cream Cheese, Margarine

Pickled and Smoked Meats
Luncheon Meats
Sausages
Hot Dogs
Ham
Bacon
Corned Beef

Yeast Free Alternatives:

Breads –

Homemade breads and biscuits using baking powder and non-enriched flours

Non-enriched flours available at most super food stores and health food stores

Salad Dressing – use lemon juice squeezed into appropriate oils.

Juices – Squeeze or prepare your own using healthy produce.

Spices – Grow your own or buy fresh and freeze without drying.

Vitamins – Read labels – you can readily find vitamins now without yeast.

Yeast and molds are members of the Fungi Family. This family is very closely related and most patients sensitive to yeast are also sensitive to the other members of the Fungi Family.

Note - Be careful of root vegetables like potatoes, carrots and turnips. They contain mold. Wash them very carefully and do not eat the peelings of root vegetables. It is best to have someone else wash and peel these vegetables.

Leftovers should be frozen not just refrigerated.

CANDIDA CONTROL DIET PROGRAM

(from 3Docs.org)

1. Avoid all “junk food” (white sugar, white flour, soft drinks).
2. Include liberal amounts of nutritious food from a wide variety of sources.
3. Avoid ALL sugars, chocolate, honey, molasses, and maple sugar.
4. Avoid ALL fruits and fruit juices.
5. Try not to eat the same foods every day.
6. Feature low carbohydrates vegetables, seafood, lean meats, and eggs. You can include one serving of high carbohydrate vegetable OR a single portion of a whole grain at each meal.

Foods You Can Eat Freely

Vegetables:

Most of these vegetables contain lots of fiber and are relatively low in carbohydrates. They can be fresh or frozen and you can eat them cooked or raw:

Asparagus, Beets, Broccoli, Brussels sprouts, Cabbage, Carrots, Cauliflower, Celery, Cucumber, Eggplant, Green pepper, Greens: spinach, mustard, beet, collard, kale; Garlic, Lettuce, Onions, Parsley, Radishes, Soybeans, String beans, Tomatoes, Turnips, Okra.

Meat & Eggs:

Chicken, Turkey, Beef, lean cuts, Veal, Pork, Lamb, Wild Game, Shrimp, Crab, Lobster, Tuna, other seafood, Salmon, Mackerel, Cod, Sardines, Eggs, other fresh or frozen fish that is not breaded.

Beverages:

Water and non-sweetened herb teas.

Foods You Can Eat Cautiously

High Carbohydrate Vegetables:

Sweet corn, English peas, Squashes: winter, acorn, butternut, Lima beans, White potatoes (baked – not mashed or any other form), Sweet potatoes, Beans and Peas (dried and cooked).

Whole Grains:

Barley, Corn, Millet, Oats, Rice, Wheat.

Breads, Biscuits & Muffins:

All breads, biscuits and muffins should be made with baking powder or baking soda as a leavening agent.

Dairy:

Yogurt (sugar free), buttermilk, butter.

Foods You Must Avoid

Sugar & Sugar Containing Foods:

Sugar and other quick-acting carbohydrates including sucrose, high-glucose corn syrup, fructose, maltose, lactose, glycogen, mannitol, sorbitol, galactose. Also avoid honey, molasses, maple syrup, maple sugar, and date sugar.

Packaged & Processed Foods:

Canned, bottled, boxed and other packaged and processed foods usually contain refined sugar products and other hidden ingredients.

Breads, Pastries & Other Raised Bakery Goods.

Milk & Cheeses:

Avoid moldy cheeses such as Roquefort, Gorgonzola, and Stilton.

Alcoholic Beverages:

Wine, beer, whiskey, brandy, gin, rum, vodka and other fermented liquors and beverages such as cider and root beer.

Condiments, Sauces & Vinegar-Containing Foods:

Mustard, ketchup, Worcestershire, Accent (monosodium glutamate); steak, barbeque, chili, shrimp and soy sauces; pickles, pickled vegetables, relishes, green olives, sauerkraut, horseradish, mincemeat, tamari; vinegar and all kinds of vinegar-containing foods such as mayonnaise and salad dressing especially fat-free dressings which are high in carbohydrates. (Freshly squeezed lemon juice may be used as a substitute for vinegar in salad dressings prepared with unprocessed vegetable oil.)

Malt Products:

Malted milk drinks, cereals and candy. (Malt is sprouted grain that is kiln-dried and used in the preparation of many processed foods and beverages.)

Processed & Smoked Meats:

Pickled and smoked meats and fish including sausages, hot dogs, corned beef, pastrami and pickled tongue.

Edible Fungi:

All types of mushrooms, morels and truffles.

Melons:

Watermelon, honeydew melon and especially cantaloupe.

Coffee & Tea:

Regular coffee, instant coffee and tea.

Fruit Juices & Sodas:

Canned, bottled or frozen, including orange juice, grape juice, apple juice, tomato juice, pineapple juice. All sodas.

Dried & Candied Fruits:

Raisins, apricots, dates, prunes, figs, pineapple.

Leftovers:

Molds grow in leftover food unless it is properly refrigerated. Freezing is better.

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