

Candida Foods To Emphasize

CATEGORY	FOODS YOU CAN EAT FREELY	
<p>VEGETABLES Low-carb vegetables contain lots of fiber and wonderful essential nutrients. Eat them fresh or frozen, cooked or raw.</p>	<p>Asparagus Beet greens Bell peppers Broccoli Brussels sprouts Collard greens Daikon Dandelion Eggplant Cabbage Cauliflower Kale Kohlrabi Leeks Lettuce (all varieties) Mustard greens</p>	<p>Okra Onions Parsley Celery Endive Garlic Radishes Rutabaga Shallots Snow peas Soybeans Spinach String beans Swiss chard Tomatoes, fresh Turnips</p>
<p>MEAT, SEAFOOD, EGGS & OTHER PROTEIN</p>	<p>Grass-fed beef Pasture-raised chicken or turkey Lamb Organic, traditionally fermented tofu or tempe</p>	<p>Skipjack tuna, not albacore Cod or halibut Sardines Mackerel Wild-caught salmon All wild game</p>
<p>NUTS, SEEDS & OILS</p>	<p>Almonds Brazil nuts Filberts Flaxseeds Pecans</p>	<p>Pumpkin Seeds Butter (from pastured cows only) Oils, cold-pressed, unrefined: Corn, Olive, Safflower, Sunflower, Walnut</p>
<p>BEVERAGES drink eight glasses of water or these herbal teas daily. Filter tap water as it is high in metals & chemicals</p>	<p>Add these to make water fun: Fresh-squeezed lemon Crushed mint leaves Cucumber slices</p>	<p>Green tea Ginger root, fresh sliced Licorice root Pau d'arco. Calendula</p>

CATEGORY	FOODS TO EAT CAUTIOUSLY	
<p>HIGH-CARB VEGGIES & LEGUMES</p> <p>May have too much starch—which converts to sugar. Avoid these in the initial steps of handling yeast overgrowth.</p> <p>When symptoms are under control, introduce them only very slowly and never more than one serving, total, per day</p>	<p>Artichoke</p> <p>Avocado</p> <p>Small beans like adzuki and mung, lentils, peas</p> <p>Beets</p> <p>Boniata (white sweet potato)</p> <p>Breadfruit</p> <p>Carrots</p> <p>Cashews</p>	<p>Celery root (celeriac)</p> <p>Fennel</p> <p>Parsnips</p> <p>Peas</p> <p>Pistachios</p> <p>Spaghetti squash</p> <p>Winter, acorn or butternut squash</p> <p>Yams</p>

Candida Foods To Avoid

CATEGORY	FOODS TO AVOID	WHY
ALL SUGARS	<p>Sugar</p> <p>Honey</p> <p>Syrup</p> <p>Chocolate</p> <p>Molasses</p> <p>Rice Syrup</p> <p>Artificial Sweeteners</p>	<p>Condiments tend to be high in sugar and can exacerbate your Candida. Stay away from the soft drinks too. Always read food labels to make sure your food doesn't contain sugar. Be careful - the aspartame in diet cola weakens your immune system can leave you vulnerable to Candida.</p>
ALL ALCOHOL	<p>Wine</p> <p>Beer</p> <p>Spirits</p> <p>Liquors</p> <p>Cider</p>	<p>Alcohol is high in sugars that can feed a Candida overgrowth. It also puts stress on your immune system.</p>
GRAINS & GLUTINOUS FOODS	<p>Anything made with wheat, rye, oats or barley, e.g. white bread, rye bread, pasta.</p> <p>Spelt products</p> <p>Corn and corn byproducts</p> <p>Rice</p>	<p>Many Candida sufferers have a high sensitivity to Gluten. Give your immune system a break and stay off gluten during your Candida diet. Corn-by products like popcorn tend to be contaminated with mold.</p>
FRUIT	<p>Fresh Fruit</p> <p>Dried Fruit</p> <p>Canned Fruit</p> <p>Fruit Juice</p>	<p>The high sugar content in fruit feeds Candida, even though they are natural sugars. Fruits like melon may also contain mold. A squeeze of lemon is OK.</p>

BEANS	Beans and other legumes Chickpeas Tofu Soy cheese Soy milk All soy products	Legumes are hard to digest and high in carbs. Although high in healthy fibers, leave them out until yeast is under control then reintroduce later in small portions. Soy products are forbidden; most soy is genetically modified. If you can find non-GMO, truly fermented tofu or tempeh, it's probably OK.
VEGETABLES	Potatoes Carrots Sweet Potatoes Yams Beets Peas Parsnips	This group of vegetables is very nutrient-dense; however, they should be avoided until your Candida overgrowth is fully under control. Once under control, reintroduce those you enjoy in small portions, one at a time. Remove if symptoms return—return to the low starch foods.
MEATS	All pork products Cured meats Processed meats Smoked or vacuum-packed meats	Pork contains retroviruses that survive cooking and may be harmful for those with a weakened digestive system. Processed meats like lunch meat and spam are loaded with dextrose nitrates, sulfates and sugars.
FISH	All fish except those listed above All shellfish	All shellfish and most fish contain alarming levels of heavy metals and toxins. These suppress the immune system and leave you vulnerable to Candida. Studies have shown that farmed salmon contain high levels of PCBs, mercury and other carcinogenic agents.
DAIRY PRODUCTS	Cheese Milk Cream Buttermilk Whey products	Avoid all dairy except ghee, butter, kefir and probiotic yogurt. Ideally use unsweetened nut milks. Milk contains lactose—a hard-to-digest sugar. Some people tolerate cow or goat kefir and yogurt because most of the lactose disappears during the fermentation process.
OTHER BEVERAGES	Coffee Diet & regular soda Energy drinks Fruit Juices	Caffeine can cause your blood sugar to rise and weakens your adrenals. This impairs your immune system. Some coffee also contains mold. Choose green tea; it helps rebalance the digestive tract, is heart healthy, cleanses the liver, amazing.
NUTS	Cashews Peanuts Pistachios	These nuts contain high amounts of mold, which can inflame your Candida problem—that said, some people tolerate them and that is why they also appear on the “cautious” list.



ADDITIVES & PRESERVATIVES	Citric Acid Anything you don't know or can't pronounce!	The manufactured, additive form of citric acid is derived from yeast. However the natural form, as found in lemons and limes, is OK on the diet. Additives and preservatives can disrupt your friendly bacteria and allow the Candida yeast to flourish.
MUSHROOMS / MOLDS	Mushrooms Truffles	Mushrooms don't "feed" Candida as some websites claim, but eating some fungi can cause an inflammatory reaction if you are already suffering from Candida. On the other hand, some medicinal mushrooms are actually OK on the diet and have strong immune-boosting properties. Good examples are Reishi and Maitake.
CONDIMENTS	Ketchup Mayonnaise Regular Mustard Relish Horseradish Soy sauce	Ketchup, mayo, tomato paste, spaghetti sauces and most condiments contain high amounts of hidden sugars that will exacerbate your Candida. For an alternative salad dressing, try coconut aminos or a simple olive oil and lemon juice dressing.
VINEGAR	All vinegars, except for raw Apple Cider Vinegar	Most vinegar is made in a yeast culture and from gut-irritating corn. Raw apple cider vinegar can actually be helpful in combating a Candida overgrowth.
FATS AND OILS	Peanut oil Corn oil Canola oil Soy oil	Peanut, corn and canola oil are contaminated with mold. And most soy beans used in soy oil are GMO.

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