

Anti-Candida Diet

As you try to improve your gut health, it's important to understand exactly why certain foods are included in the diet and why other foods are excluded. If you come across a food that's not on the list, you can use the same logic to determine why or not you can eat it on your Candida diet.

Certain foods have been excluded from the diet for one of the three reasons below.

Foods that are high in sugar

Why is sugar so important for *Candida albicans*? The fact is that *Candida* needs sugar to grow, expand its colonies, and build the protective biofilms that enable it to hide from your immune system. In fact, those biofilms are constructed of 32% glucose (1). It doesn't matter whether this sugar comes from processed foods or the natural sugars in fruit.

That's why sugary snacks and high-sugar fruits are both off the menu.

Foods that contain gluten

It's not just people with celiac disease that need to avoid gluten. A few years ago, going gluten-free was regarded as something of a fad, but the evidence now shows that many people can improve their health by avoiding gluten. Gluten causes inflammation in the gut, worsens intestinal permeability, and can worsen your *Candida* symptoms. That's why glutenous grains are excluded from the diet.

Foods that promote gut inflammation

Gluten is not the only food that can cause inflammation in the gut. Refined vegetable oils are a good example. They contain high levels of pro-inflammatory omega-6 fatty acids that can increase inflammation if not balanced out by foods rich in omega-3s (3). Alcohol and caffeine are other examples of foods that can irritate and inflame the gut lining. This is a comprehensive list of foods that should be avoided during your *Candida* diet. For foods not on this list, use your common sense and consider whether they are high in sugar, or inflammatory, or otherwise unhealthy

Anti-Candida Diet

Low ferment diet to improve your gut health

What Foods can I eat?

The trick to success is eating enough. You will be cutting out all sugar, grain, fruit and alcohol. Some starchy vegetables are desirable as long as they are balanced by fibrous vegetables.

AVOID

- Grains & flour products
- Sugar and all of its varieties ending in 'ose'.
- Cows milk and dairy
- Alcohol and sugary drinks
- Processed meats and packaged foods
- Fruit -all fruit except berries, apple, pear, lemon and lime
- Potato and beetroot
- Honey and all sweeteners.

HAVE

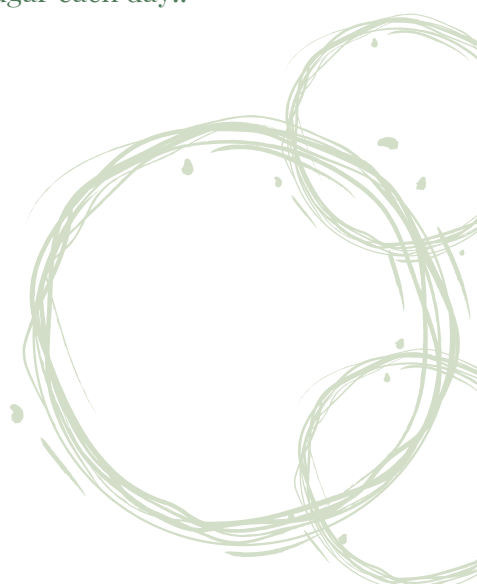
- Clean protein such as organic free-range eggs and meat.
- All vegetables, just limit starchy vegetables (sweet potato, pumpkin, corn, peas)
- Nuts and seeds
- Goats and sheeps dairy
- Nut milks
- Olive oil, herbs and spices

Do you buy packaged and processed food from your local supermarket?

If so, you might not even be aware of how much added sugar you are really consuming. There are at least 50 different names for sugar that can appear on your ingredients label. Often, several different types of sugar will be used in the same food. The worst culprits tend to be foods like breakfast cereals, condiments, and soft drinks. Always read food labels to make sure your food doesn't contain added sugars. Candida albicans needs sugar both for cellular growth and to switch to its more aggressive, fungal form. Sugar is also the main constituent of the biofilms that it uses to protect itself from your immune system. Unfortunately, the average American eats something like 30-40 teaspoons of added sugar each day..

NEED MORE HELP?

Enquire about our meal planning service and receive a bespoke 2-week anti candida meal plan.



Anti-Candida Diet

PROTEIN & FATS

Serving size: 1 palm-sized (including fingers) portion per meal unless otherwise specified. Choose organic if possible.

Fish (un-crumbed and preferably poached/steamed/grilled).
Shellfish is fine.

Poultry: free-range organic (chicken, quail, duck, turkey)

Eggs (prefer organic/free-range)

Meat: Preferably lean meat (kangaroo, veal, lamb, lean beef, goat, rabbit, biodynamic chicken liver) & preferably pasture-raised organic grass-fed meats. Nitrate free bacon (dorsogna do one available at Woolworths)

Nuts and seeds: soaked chia, sesame, pumpkin, sunflower

Legumes: If you are not vegetarian, limit these to 1/4 of your protein intake.

Dairy: Sheep, goat yoghurts/cheeses are preferred

Aim for 1g of protein per kg of weight - See protein chart



PLANT

Serving size: Each plate = 2/3 plant

All plants are allowed except fruit.

You can eat berries, apple, pear, tomatoes, capsicum, cucumbers, pumpkin, eggplant, olives, avocados & zucchini -yes they are all actually fruit!

Coconut based foods such as yoghurt as long as they are sugar-free are fine.

Limit starchy veg to 1/4 of your total plant intake. These include pumpkin, sweet potatoes, peas, carrots

OILS

Butter is fine and for cooking use olive oil.

All oils except peanut oil



Anti-Candida Diet

Ever heard that the secret to success is planning and organisation? Well, it's the same with food. Plan via deciding on your meals for the week. Organise by shopping. The rest is easier from there.

BREAKFAST IDEAS

- Nitrate free bacon & eggs with spinach
- Smashed avo on paleo toast
- Chia seeds pudding with coconut yoghurt
- Paleo muesli & nut milk
- Paleo bread (Venedi paleo loaf, keto mug bread or homemade seeded loaf)
- Almond meal pancakes
- Protein shake
- Frittata



LUNCH IDEAS

Leftovers are best but if this doesn't happen here are some great ideas.

- Roasted veg or salad with a source of protein (eggs, chicken, beef)

Eating out or on the road?

Get the sandwich without the bread.

Buy a pre-made salad from the shops and add in protein (chicken, eggs, canned fish)



DINNER IDEAS

**Cooking for one? Make sure to freeze dinners to reduce prep time.*

- Spag Bolognaise with zoodles
- Roast chicken and vegetables
- Stir fry of any kind on cauliflower rice
- Lamb shank stew on cannellini bean mash with veggies.
- Fish with roast veg / steamed greens
- Chicken and vegetable stir fry
- Steak and salad

NEED MORE IDEAS?

Ask your practitioner about a bespoke two-week meal plan with recipes and a shopping list.



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PROTEIN FRUIT VEGE DAIRY / GRAINS SNACKS OTHER	ENJOY	LIMIT	AVOID
	Fish Chicken Turkey Free range Eggs Lean Meat (kangaroo, lamb, beef, goat, rabbit)	Nitrate-free bacon	Processed meats (bacon, salami, ham, polony)
	All other vegetables (except starchy vegetables) Berries, apple and pear	Starchy vegetables (pumpkin, sweet potato, carrot) 1/2 handful cooked	All other fruit Dried fruit Potato and beetroot
	Nut milk (rice, almond or cashew) Sheep or goats dairy		Cow's milk products (milk, cheese, yoghurt, ice cream) Wheat, rice, rye, barley, spelt
	Nuts (all nuts) Seeds (sunflower, pumpkin, sesame, chia, flax)		All processed foods (chips, doritos, popcorn, pre- purchased snacks) Crackers, rice cakes
	Almond meal Olive oil Herbs and spices Olives Coffee 1 per day Herbal and green tea	Legumes	Alcohol & low carb beer Vegetables juice Cordial, soft drinks Sugar Deep fried foods

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YES FOODS

Protein such as chicken, fish (uncrumbed and grilled) turkey, organic and free-range eggs and lean meat such as lamb, beef, kangaroo, veal, rabbit, goat
- aim for 1g of protein per 1 kg of body weight

All vegetables (except limited starchy vegetables such as pumpkin, carrot, potato and sweet potato) cabbage, green leafy vegetables, kale, radish, bok choy, rocket, asparagus, beans, artichokes, broccoli, beetroot, cucumber, leek, capsicum, Brussel sprouts, tomatoes, sprouts, mushrooms, garlic, onion, kale, cabbage celery, spinach, zucchini, fennel.

All nuts: almonds, cashews, walnuts, brazil nuts, pistachios - no added salt and aim for 8 - 10 max per day

All seeds: sunflower, chia, flax, pumpkin, sesame - soak chia seeds

Fruit - Berries, lemon and lime

Nut milk such as rice, almond or cashew - look for no ones with less sugar such as Pure Harvest, sheep and goats dairy

Almond meal - a great alternative for baking and crumbing

Herbal and green tea, coffee - 1 per day

Olive oil and avocado oil

Herbs and spices for flavouring: salt, pepper

NO FOODS

Sausages (unless grain and filler free) , corned beef tinned & processed meats.

Sliced cold meats (Try to avoid all pre-sliced foods if possible)

Smoked food as these are highest in purines, amines and other by-products that radically increase histamine release.

Crisps/chips, cordial/soft drinks

Crackers, rice cakes etc

Deep-fried or crumbed foods - swap to almond meal as a batter.

Sugar, honey, glucose, fructose, mannitol, sorbitol, maple syrup, molasses.

Alcohol - swap to vodka and soda if you must.

Grains - rice, pasta, bread, oats, wheat, rye, buckwheat, spelt, baked product, cereals.

Relish, tomato sauce, BBQ sauce, caramelised onions and packaged salad dressing

Anything made with flour that is grain-based.

Legumes > 1/4 all protein: if you are vegetarian please discuss this with your practitioner

Fruit - no fruit except berries, apple or pears

Canned and processed foods

Avoid coconut oil if cholesterol is high - high in saturated fats

Anything ending in "ose" e.g. fructose, sucrose, dextrose, maltose.