

CANDIDA ALBICANS

If your doctor tells you that your symptoms are caused by the common yeast germ, Candida albicans, then there are changes you can make in your diet that will improve your symptoms. Diet plays a major role in the successful management of yeast-connected illnesses.

To control candida through diet, follow the dietary guidelines listed on this handout. Be sure to avoid foods that cause allergic reactions. If you find you have multiple food allergies, then you may want to try rotating foods in your diet. In rotating your diet, you eat an offending food only once every 3 - 7 days. For example, if you find that you are allergic to dairy, yeast, and corn, then you may be able to tolerate eating dairy on Monday, yeast on Tuesday, and corn on Wednesday. Then on Thursday you can eat dairy again.

Most individuals with candida-related illness find that as they improve, they can follow a less rigid diet, especially if they are following other measures to regain their health. Included are the use of medications (prescribed by your doctor), taking nutritional supplements, exercise, and avoiding exposure to environmental chemicals and mold spores.

Foods you can eat freely . . .

Low-carbohydrate vegetables

asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cucumber, eggplant, green pepper, greens (spinach, mustard, beet, collard and kale), lettuce, okra, onions, parsley, radishes, soybeans, string beans, tomatoes (fresh) and turnips

Protein foods

Chicken, turkey, beef, lamb, fish, and eggs

Unprocessed nuts, seeds and oils

Almonds, Brazil nuts, cashews, hazelnuts, pecans, pumpkin seeds, linseed oil, safflower oil, sunflower oil, walnut oil, corn oil

Foods you can eat moderately . . .

High-carbohydrate vegetables

corn, lima beans, english peas, potatoes, sweet potatoes, yams, winter squash, acorn squash and butternut squash

Whole grains

amaranth, barley, corn, millet, oats, quinoa, rice, teff, rye and wheat

Protein foods

beans and legumes

Fruits

fresh, whole fruits and freshly prepared juices- maximum 1 piece of fruit per day

Foods you must avoid . . .

Sugar and sugar-containing foods

sugar includes sucrose, fructose, maltose, lactose, glucose, galactose, mannitol, sorbitol, honey, molasses, maple syrup, maple-sugar, date sugar, turbinado sugar, and corn syrup

Packaged and processed foods

most canned, bottled, boxed, packaged and processed foods contain refined sugar and other hidden ingredients

You must avoid all foods that contain yeast or molds. . .

- Brewer's yeast
- Breads, pastries and other raised bakery goods
- Cheeses and prepared foods that contain cheese
- Milk, buttermilk, sour cream, and sour milk products (some individuals tolerate fruit-free, sugar-free yogurt)
- Condiments, sauces and vinegar-containing foods (mustard, ketchup, monosodium glutamate; steak, barbecue, chili, shrimp and soy sauces; pickles, pickled vegetables, relishes, green olives, sauerkraut, horseradish, mince meat and tamari; vinegar and vinegar-containing foods such as mayonnaise and salad dressing)
- Malt products (malted milk drinks, cereals and candy)
- Processed and smoked meats (sausages, hot dogs, corned beef, pastrami, smoked fish)
- Mushrooms and other edible fungi
- Peanuts and pistachios
- Dried and candied fruit
- Melons (watermelon, honeydew and cantaloupe are prone to being contaminated with mold)
- Fruit juices (canned, bottled or frozen)
- Fermented beverages (alcohol, root beer and cider)
- Coffee and tea
- Leftovers

Reference: The Yeast Connection, by W. Crook, M.D. (1994)