

## **Special Instructions if You Are Candida Positive**

1. Avoid any foods that you were reactive to on your Immuno 1 Bloodprint. Yeast thrives on sugars, starchy foods, sweets, and processed and fermented foods.
2. Your physician may regulate how many grams or servings of carbohydrates you may have each day. Starchy vegetables, bean products, grain products, and fruits are carbohydrate-rich foods.
3. Although meats, poultry, eggs and fish contain no carbohydrates, ask your physician how many servings or ounces of protein you should eat daily. Select lean cuts of meat and the white meat of chicken and turkey.
4. You will need to avoid foods containing yeast or mold such as cheese, vinegar, wine, beer, alcoholic drinks, MSG, mushrooms, pickled or smoked meats, melted products, bread, fruit juices, and vitamins derived from yeast.
5. Eliminate sugar and other simple carbohydrates, such as honey, corn syrup, sucrose, maltose, lactose, maple syrup, white flour, potato chips, corn chips, and dairy products (cow).
6. With your physician's approval, eat fruit moderately. Wash well and/or peel before eating to remove mold. Apples, pears, berries, and bananas are best and should be eaten alone, away from other foods.
7. Eat the freshest food possible. Do not eat any leftovers that have been in the refrigerator longer than 24 hours.
8. Restore the proper balance of "good" bacteria and yeast in the body by taking in additional lactic acid-producing bacteria like lactobacillus acidophilus. This is the culture found in yogurt. Be sure to read the label. Buy yogurt that lists active cultures and is low in sugar. Acidophilus is also available as a nutritional supplement.
9. Your physician may prescribe anti-fungal medications and nutritional products to assist with treating the overgrowth of Candida albicans.
10. Proper diet and appropriate treatment intervention are key to addressing Candida overgrowth. In many cases, patients may become symptomatic as the treatment progresses, as the yeast is being eliminated from the body. Gastrointestinal diseases, headache, fatigue, nausea, and other symptoms may be experienced. Stay in touch with your practitioner to help monitor your progress. Often it may take several weeks to experience significant benefit from an anti-Candida protocol.

## Candida Foods Eating List

If you have tested positive to Candida, it is recommended non-yeast containing/non-yeast provoking foods and beverages may be eaten. Consult with your health care professional regarding specific dietary recommendations. Examples of foods and drinks without yeast and those that do not provoke yeast are:

**Beverage:** Almond nut milk, angelica tea, bergamont tea, blackthorn tea, chamomile tea, comfrey tea, sesame milk, soy milk

**Cereal:** Amaranth porridge, barley flakes, buckwheat groats, corn cereal, corn grits, cream of rice, cream of wheat, oat bran, oatmeal, puffed corn, puffed rice, whole oats

**Dairy:** Goat cheeses, goat yogurt, goat milk

**Flour:** Amaranth flour, barley flour, buckwheat flour, corn flour, corn meal, millet flour, oat flour, potato flour, rice flour, rye flour, whole wheat flour

**Fruit:** Apple, blackberry, blueberry, cranberry, gooseberry (kiwi), grapefruit, honeydew melon, lemon, lime, nectarine, orange, papaya, peach, strawberry, tangerine, watermelon

**Grain:** Amaranth, barley, buckwheat, oat, rice, rye, spelt, wheat, kamut

**Legume:** Alfalfa, black-eyed peas, chickpeas, garbanzo beans, green beans, kidney beans, lentils, lima beans, navy beans, peas, pinto beans, snow beans, soybean, white beans, yellow wax beans

**Nut:** Almond, carob, hazelnut, poppy seed, pumpkin seed, sesame, sunflower, tahini

**Protein:** Beef, chicken, Cornish hen, duck, eggs, lamb, pork, tofu, turkey, veal

**Seafood:** Anchovy, bluefish, bonito, carp, catfish, clam, cod, crab, crayfish, dolphin (mahi-mahi), flounder, grouper, haddock, halibut, herring, lobster, mackerel, mullet, mussels, orange roughy, oyster, perch, pompano, red snapper, salmon, sardine, scallops, shark, sheephead, shrimp, snapper, sole, swordfish, trout, tuna, wahoo, whitefish, whiting, yellow tail

**Spice:** Basil, black pepper, capsicum pepper, cayenne pepper, celery seed, chili pepper, cinnamon, clove, cumin, dill, ginger, mint, mustard seed, nutmeg, oregano, paprika, peppermint, rosemary, saffron, sage, spearmint, tarragon, thyme, white pepper

**Vegetable:** Asparagus, avocado, broccoli, brussels sprouts, cabbage, carrot, cauliflower, celery, corn, cucumber, eggplant, garlic, kale, leeks, lettuce, mustard greens, okra, onion, parsley, pepper (banana, bell, cherry, green), radish, red potato, scallions, spinach, summer squash, tomato, turnip, turnip greens, white potato, winter squash, yellow potato, zucchini

## **Foods to Avoid**

If you have tested positive to Candida, it is recommended you avoid all yeast containing/yeast provoking foods and beverages. Examples of these foods are:

- Beer
- Brandy
- Breads\*
- Buns
- Buttermilk
- Candy
- Cantaloupe
- Cakes
- Catsup
- Cereals\*
- Cheeses\*
- Condiments
- Cookies
- Crackers
- Enriched flours
- Fruit juices
- Gin
- Horseradish
- Malted milk
- Drinks
- Mayonnaise
- Mince pie
- Mushrooms
- Olives
- Pastries\*
- Peanuts
- Pickles
- Pretzels
- Rolls\*
- Root Beer
- Rum
- Salad dressings
- Sauerkraut
- Soy sauce
- Tomato sauce
- Truffles
- Vinegar
- Vodka
- Vitamins (read labels)
- Whiskey
- Wine

\*Note: Please refer to the “Candida Foods Eating List” for exceptions.

### **Special Note for Candida Positive Patients**

If you are Candida positive, please avoid all additional products containing ANY form of yeast. This includes cheeses and other forms of fungi.

Also avoid any food that is fermented or pickled such as some cheeses, sauerkraut, wine, olives. Foods in a salt solution or brine can be tolerated. Processed foods (hot dogs, processed meats, frozen concentrated fruit juices, canned fruit juices, sausages, and other man-made food combinations) tend to contain yeast due to the long exposure of the food to the air during processing.

The following foods also may contain yeast: barbecue sauce, brandy, buttermilk, cakes, cereals, cheeses, condiments, cookies, crackers, enriched flours, fruit juices, malted milk, drinks, mayonnaise, mince pie, mushrooms, pickles, pretzels, rum, salad dressings, sauerkraut, soy sauce, tofu, tomato sauce, vinegar, whiskey.

The following are Candida provoking food items: cane sugar, beet sugar, honey, maple syrup, and molasses.

The following cheeses may be an added source of irritation: Blue, Brie, Camembert, Crema Dania, Liederkranz, Gorgonzola, Roquefort, Stilton Brick, Bel Paese, Fontina, and Gammelost.