



# Anti-Candida Food Plan

## PROTEINS

Proteins

Servings/day \_\_\_\_\_

**Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred.**

### Animal Protein:

- Cheese (fresh, unaged): Cottage cheese, goat cheese, mozzarella, ricotta
- Egg—1
- Fish: Anchovies, cod, flounder/sole, herring, halibut, salmon, sardines, trout, etc.—1 oz
- Meat: Beef, buffalo, elk, lamb, ostrich, pork, venison, etc.—1 oz
- Poultry (skinless): Chicken, Cornish hen, duck, pheasant, turkey, etc.—1 oz

### Plant Protein:

- Mung bean/Edamame pasta—½ oz
  - Natto—1 oz
  - Spirulina—2 T
  - Tofu (firm/extra firm)—1½-2 oz
  - Tofu (soft/silken)—3 oz
  - Tempeh—1 oz
- Protein Powder:**
- Check label for # grams/scoop (1 protein serving = 7g protein)
  - Bovine collagen, egg, hemp, pea

1 serving as listed = 35-75 calories, 5-7 g protein, 3-5 g fat, 0-4 g carbs

Average protein serving is 3-4 oz (size of palm of hand).

### Eliminate

All deli meat, lunchmeat, and processed meats. All cheeses except for those specifically allowed.

## LEGUMES

Proteins/Carbs

Limit servings to 2-3 per day.

**Organic, non-GMO preferred. Dried, soaked overnight, and rinsed.**

- Black soybeans—¼ c
- Edamame—¼ c
- Dried beans, lentils (cooked)—½ c

1 serving = ½ c = 90-110 calories, 3-7 g protein, 0 fat, 15 g carbs

### Eliminate

Peas and peanuts.

**NOTE: Consume no more than 1 cup of plant proteins per day.**

## DAIRY & ALTERNATIVES

Proteins/Carbs

Servings/day \_\_\_\_\_

**Unsweetened required. Organic and non-GMO preferred.**

### Dairy:

- Kefir (plain)—6-8 oz
- Yogurt (plain, with live cultures): Cow, sheep, goat—6 oz

### Dairy Alternatives:

- Milk: Almond, cashew, coconut, flaxseed, hazelnut, hemp, soy—8 oz
- Yogurt: Coconut, soy (cultured)—4-6 oz
- Kefir: Coconut, soy—4-6 oz

1 dairy serving = 90-150 calories, 7-8 g protein, 12 g carbs

1 dairy alternative serving = 25-90 calories, 1-9 g protein, 1-4 g carbs (nutritional values vary)

### Eliminate

Cow's milk, goat's milk, and all flavored or sweetened yogurts.

## NUTS & SEEDS

Proteins/Fats

Servings/day \_\_\_\_\_

**Unsweetened required. Unsalted and organic preferred.**

- Almonds—6
- Brazil nuts—2
- Chia seeds—1 T
- Coconut (dried)—3 T
- Coconut wraps (raw, vegan)—1 wrap
- Flaxseed (ground)—2 T
- Hazelnuts—5
- Hemp seeds—1
- Macadamias—2-3
- Nut and seed butters: Almond, cashew, macadamia, pecan, sunflower, tahini, walnut—½ T
- Pecan halves—4
- Pine nuts—1 T
- Pumpkin seeds—1 T
- Sesame seeds—1 T
- Sunflower seeds—1 T
- Walnut halves—4

1 serving = 45 calories, 5 g fat

### Eliminate

Cashews, peanuts, and pistachios.

## FATS & OILS

Fats

Servings/day \_\_\_\_\_

**Minimally refined, cold-pressed, organic, non-GMO preferred**

- Avocado—2 T or ½ whole
- Coconut butter (raw)—1 t
- Coconut milk, regular (BPA-free canned or boxed)—1½ T
- Ghee/clarified butter (grass-fed)—1 t
- Oils, cooking: Avocado, coconut, ghee/clarified butter, olive (extra virgin), sesame—1 t
- Oils, salad: Almond, avocado, flaxseed, hempseed, olive oil (extra virgin), pumpkin, safflower (high-oleic), sunflower (high-oleic), sesame, walnut—1 t
- Olives: Black, green, kalamata—8
- Pesto (olive oil)—1 t

### Eliminate

Commerically prepared salad dressings, sauces, and spreads. Margarine, mayonnaise, highly processed oils (canola, corn, grapeseed, peanut, soybean), and shortening.

**Items in orange indicate foods to eliminate when following a more strict version of the Anti-Candida Food Plan.**

**Notes:** Nutritional amounts are based on average values for the variety of foods within each food category.

Dietary prescription is subject to the discretion of the health practitioner.



## VEGETABLES Non-starchy

Carbs

Servings/day \_\_\_\_\_

- Artichokes
- Arugula
- Asparagus
- Bamboo shoots
- Bean sprouts
- Beets** (fresh, cubed)
- Bok choy
- Broccoflower
- Broccoli
- Broccoli sprouts
- Brussels sprouts
- Cabbage
- Carrots**
- Cauliflower
- Celery
- Chard/Swiss chard
- Chervil
- Chives
- Cilantro
- Cucumbers
- Daikon radishes
- Eggplant
- Endive
- Escarole
- Fennel
- Garlic
- Greens: Beet, collard, dandelion, kale, mustard, turnip, etc.
- Green beans
- Horseradish (additive-free)
- Jicama
- Kohlrabi
- Leeks
- Lettuce, all
- Radishes
- Microgreens
- Okra
- Onion
- Parsley
- Peppers, all
- Radicchio
- Salsa
- Sea vegetables
- Scallions
- Shallots
- Snap peas/snow peas
- Spinach
- Sprouts, all
- Squash: **Delicata**, **pumpkin**, spaghetti, **yellow**, zucchini, etc.
- Tomato
- Turnip
- Watercress

1 serving = 1/2 c, 1 c raw greens = 25 calories, 5 g carbs

### Eliminate

Corn, fermented foods (kimchi, pickles, sauerkraut), mushrooms, potatoes, yams, and other root vegetables, and starchy vegetables.

**Organic, non-GMO fruits, vegetables, herbs and spices preferred**

**NO SUGARS, NATURAL SWEETENERS, OR ARTIFICIAL SWEETENERS, INCLUDING (BUT NOT LIMITED TO) ASPARTAME, SLENDA, STEVIA, AND SUGAR ALCOHOLS.**

## FRUITS

Carbs

Limit servings to 1-2 per day.

### Unsweetened, no sugar added

- Apple, green**—1 sm
- Apricots**—4
- Blackberries—1/2 c
- Blueberries—1/2 c
- Cranberries—1/2 c
- Grapefruit**—1/2 c
- Huckleberries**—1/2 c
- Peach**—1 sm
- Pomegranate seeds**—1/2 c
- Raspberries—1 c
- Strawberries—1 c

1 serving = 60 calories, 15 g carbs

### Eliminate

All fruits not specifically listed above, all dried fruits, and all fruit juice.

## HERBS & SPICES

- Basil
- Bay leaf
- Black pepper
- Cayenne pepper
- Chili powder
- Cilantro
- Cinnamon
- Cloves
- Cacao powder (100% raw)
- Coriander seed
- Cumin
- Curry powder
- Dill
- Fenugreek
- Garlic powder
- Ginger
- Himalayan salt
- Nutmeg
- Onion powder
- Oregano
- Parsley
- Paprika
- Pumpkin spice
- Red curry paste
- Rosemary
- Sage
- Sea salt
- Thyme
- Turmeric
- Vanilla bean (whole)

## WHOLE GRAINS (100%)

Limit to 1 serving per day.

### Unsweetened required. Sprouted, organic preferred.

#### Gluten Free:

- Amaranth**—1/3 c
- Buckwheat/Kasha**—1/2 c
- Millet**—1/2 c
- Oats: Rolled, whole**—1/2 c
- Quinoa**—1/2 c
- Rice: Brown, wild**—1/3 c

#### Gluten Containing:

- Barley**—1/3 c
- Rye**
- Wheat**
- Spelt**—1/3 c

#### Individual portions:

- Bread**—1 slice
- Cereal**—1/2 c
- Granola** (homemade)—3 T

- Pasta**—1/3 c
- Tortilla**—1, 6 in 1 serving = 75-110 calories, 15 g carbs

1 serving = 60 calories, 15 g carbs

### Eliminate

Corn products: chips, grits, polenta, tortilla, etc. Refined grain products (white bread, sweetened cereals, multi-grain cereals, sweetened baked goods, etc.) and yeast breads.

## BEVERAGES

### Unsweetened, no sugar added

- Broth (organic): Bone, meat, vegetable
- Coconut water kefir
- Filtered water
- Seltzer water
- Tea (decaffeinated): Herbal
- Vegetable juice (fresh, raw, cold pressed)

### Eliminate

Alcohol, caffeine, coffee, energy drinks, fruit juices, soda, and tea (green & black).

## CONDIMENTS

- Coconut aminos
- Ketchup (sugar-free)
- Lemon/lime juice (fresh)
- Miso
- Mustard: Dijon, stone ground
- Tamari
- Vinegars: Apple cider

Use sparingly, suggest 1 T or less per serving.

### Eliminate

Ketchup (sweetened), mayonnaise, relish, soy sauce, tamari, vinegar (all except apple cider), all brined or sweetened products.

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