

Foods to **Eat** + **Avoid** [⊘]

While on a
CANDIDA DIET!



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Foods to Eat

BEANS & LEGUMES TO EAT

(Enjoy only 1 - 2 times per week, or avoid until after 30 days)

Adzuki beans	Black beans	Fava Beans	Pinto Beans	Lentils
Garbanzo bean	Kidney beans	Navy Beans	Mung beans	White beans
Lima beans				

CONDIMENTS TO EAT

Mustard	Brown rice vinegar	Coconut aminos	Umeboshi vinegar	Guacamole
Salsa (no sugar)	Homemade mayo	Mustard (made with apple cider vinegar)		

DAIRY PRODUCTS TO EAT

Unsalted grass-fed butter	Unsweetened non-dairy milk (<i>almond, coconut, hemp</i>)	Ghee
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DRINKS AND MISCELLANEOUS TO EAT AND DRINK

Gum/mints (xylitol based)	Mineral water	Teas – green and herbal
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FRUITS TO EAT

Green apples	Lemons/limes	Strawberries	Avocados	Coconut
Blueberries	Blackberries	Grapefruit	Raspberries	Raspberries
Cranberries (fresh, unsweetened)				

GRAINS & FLOURS TO EAT

Amaranth	Tapioca	Buckwheat/flour	Brown rice/flour	Cassava flour
Millet	Arrowroot	Quinoa/flour	Tigernut/flour	Teff/flour
Coconut flour	Kuzu or Kudzu root	Wild rice		

MEAT, POULTRY & FISH TO EAT

(free range, hormone free, antibiotic free, grass-fed)

Beef or bison	Lamb	Turkey	Mahi Mahi	Salmon
Chicken	Cod	Shellfish	Eggs	

NUTS & SEEDS TO EAT

Almonds	Walnuts	Macadamia nuts	Chestnuts	Hazelnuts
Brazil nuts	Sunflower seeds	Hemp seeds	Pumpkin seeds	Flax seeds
Pecans	Pine nuts	Sesame seeds	Chia seeds	

OILS TO EAT

Almond oil	Hemp seed oil	Safflower oil	Sunflower oil	Grapeseed oil
Avocado oil	Olive oil	Coconut oil	Flaxseed oil (no heat)	Sesame oil (no heat)

ORGANIC VEGETABLES TO EAT

Artichoke	Asparagus	Bamboo Shoot	Beets	Broccoli
Brussels Sprouts	Bok Choy	Carrots	Cabbage	Cauliflower
Celery	Chives	Collard greens	Cucumbers	Daikon
Dandelion	Endive	Fennel	Garlic	Kale
Kelp	Leeks	Lettuces	Mustard greens	Ocean vegetables
Okra	Olives	Onion	Parsley	Parsnip
Pumpkin	Radish	Rhubarb	Rutabaga	Jicama
Spinach	Zucchini	Yams	Watercress	Water chestnuts
Turnips	Swiss chard	Sweet potatoes	All squash	Tomatoes*
Eggplant*	Peppers*			

***Eat in moderation or avoid completely if you have arthritis or experience achy joints.**

SWEETENERS TO EAT

Pure stevia (liquid/powder)	Xylitol (birch source)	Luo han (fruit extract)	Chicory root
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Enjoy after 60 days

Cacao nibs, unsweetened Cacao and Cacao powder, unsweetened Gluten free oats and flour

Enjoy after 90 days

Goat's milk and cheese (raw)*

Sheep's milk and cheese (raw)*

***Pregnant or nursing women should not eat raw dairy products**

Apricots	Bananas	Cherries	Guava	Tangerines
Mango	Oranges	Papayas	Pears	Pineapple
Pomegranate	Kiwi	Melons		Peaches
Persimmon	Plum	Prunes		

Pistachios Cashews

Peas/Green beans

Fermented Foods

(Kimchi, sauerkraut, tempeh, yogurt, nutritional yeast, cultured vegetables)

Avoid:

BEANS TO AVOID

Tempeh Tofu Soybeans/Soy products

CONDIMENTS TO AVOID

Gravy Relish Store-bought Mayo Store-bought Ketchup Salad dressing (store bought)
Pickles Jams/jellies Balsamic vinegar Red wine vinegar Worcestershire sauce
Vinegars (except raw apple cider vinegar and brown rice vinegar)
Soy sauce, ponzu and tamari
Sauces and vinegars with sugar
Spices that contain yeast, sugar or additives
Mustard (unless made with apple cider vinegar)

DAIRY TO AVOID

Kefir Ice cream Margarine Yogurt Buttermilk
Cheese Sour cream Cow's milk

FRUITS TO AVOID

Dates Dried fruit Raisins Fruit Juice

GRAINS TO AVOID

Barley White Flours White Rice Rye Pastries
Farro Kamut Spelt Corn Pasta (except gluten free)
Whole Wheat/flour
Breads (except gluten, dairy, yeast and sugar free)
Cereals (except gluten, dairy and sugar free)
Crackers (except gluten, dairy, yeast and sugar free)

MEAT, POULTRY & FISH TO AVOID

Tuna Hotdogs Pork Sausages Bacon (except turkey)
Processed and packaged meats

NUTS TO AVOID

Peanuts/Peanut Butter

OILS TO AVOID

Canola Corn Cottonseed Peanut Soybean
Processed oils and partially hydrogenated and hydrogenated

SWEETNERS TO AVOID

Honey Aspartame (nutra sweet) Barley malt Brown Sugar Brown rice syrup
Saccharin Maple syrup Fructose Agave nectar Coconut sugar/nectar
Molasses Yacon syrup White sugar Corn syrup All cane sugar or juice
Erythritol (Truvia, Nectresse, Swerve)

VEGETABLES TO AVOID

Corn

Mushrooms

Potatoes

MISCELLANEOUS TO AVOID

Alcohol

Candy/Chocolates

Gelatin/Jell-O

Fast food

Fried food

Gluten

Soda