



# 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 \_\_\_\_\_

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

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

- |  |  |
|--|--|
| <input type="checkbox"/> <b>Apple, green</b> —1 sm | <input type="checkbox"/> <b>Huckleberries</b> —1/2 c     |
| <input type="checkbox"/> <b>Apricots</b> —4        | <input type="checkbox"/> <b>Peach</b> —1 sm              |
| <input type="checkbox"/> Blackberries—1/2 c        | <input type="checkbox"/> <b>Pomegranate seeds</b> —1/2 c |
| <input type="checkbox"/> Blueberries—1/2 c         | <input type="checkbox"/> Raspberries—1 c                 |
| <input type="checkbox"/> Cranberries—1/2 c         | <input type="checkbox"/> Strawberries—1 c                |
| <input type="checkbox"/> <b>Grapefruit</b> —1/2 c  |  |

1 serving = 60 calories, 15 g carbs

### Eliminate

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

## HERBS & SPICES

- |  |   |
|--|---|
| <input type="checkbox"/> Basil                   | <input type="checkbox"/> Ginger               |
| <input type="checkbox"/> Bay leaf                | <input type="checkbox"/> Himalayan salt       |
| <input type="checkbox"/> Black pepper            | <input type="checkbox"/> Nutmeg               |
| <input type="checkbox"/> Cayenne pepper          | <input type="checkbox"/> Onion powder         |
| <input type="checkbox"/> Chili powder            | <input type="checkbox"/> Oregano              |
| <input type="checkbox"/> Cilantro                | <input type="checkbox"/> Parsley              |
| <input type="checkbox"/> Cinnamon                | <input type="checkbox"/> Paprika              |
| <input type="checkbox"/> Cloves                  | <input type="checkbox"/> Pumpkin spice        |
| <input type="checkbox"/> Cacao powder (100% raw) | <input type="checkbox"/> Red curry paste      |
| <input type="checkbox"/> Coriander seed          | <input type="checkbox"/> Rosemary             |
| <input type="checkbox"/> Cumin                   | <input type="checkbox"/> Sage                 |
| <input type="checkbox"/> Curry powder            | <input type="checkbox"/> Sea salt             |
| <input type="checkbox"/> Dill                    | <input type="checkbox"/> Thyme                |
| <input type="checkbox"/> Fenugreek               | <input type="checkbox"/> Turmeric             |
| <input type="checkbox"/> Garlic powder           | <input type="checkbox"/> 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

- |   |   |
|---|---|
| <input type="checkbox"/> Broth (organic): Bone, meat, vegetable | <input type="checkbox"/> Seltzer water                              |
| <input type="checkbox"/> Coconut water kefir                    | <input type="checkbox"/> Tea (decaffeinated): Herbal                |
| <input type="checkbox"/> Filtered water                         | <input type="checkbox"/> Vegetable juice (fresh, raw, cold pressed) |

### Eliminate

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

## CONDIMENTS

- |   |   |
|---|---|
| <input type="checkbox"/> Coconut aminos           | <input type="checkbox"/> Mustard: Dijon, stone ground |
| <input type="checkbox"/> Ketchup (sugar-free)     | <input type="checkbox"/> Tamari                       |
| <input type="checkbox"/> Lemon/lime juice (fresh) | <input type="checkbox"/> Vinegars: Apple cider        |
| <input type="checkbox"/> Miso                     |   |

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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