

# Dietary Guidelines

It is impossible to offer dietary guidelines that work for everyone, but we usually recommend the following for people with a yeast sensitivity.

## Things to avoid:

- 1) All foods containing yeast, such as bread, crackers, pastries, pretzels, brewer's and nutritional yeast.
- 2) Multiple and B complex vitamins manufactured from yeast sources.
- 3) All sweeteners including sugar, honey, maple syrup, molasses, barley malt, and rice syrup. (In certain cases very small amounts of rice syrup or barley malt may be tolerated.)
- 4) All fermented foods, such as vinegar, olives, pickles, sauerkraut, relish and most salad dressings.
- 5) All food containing vinegars and sugars, such as mustard, ketchup and mayonnaise.
- 6) Alcoholic beverages.
- 7) All foods containing wheat.
- 8) Mushrooms.
- 9) Sweet fruits (fresh, canned and dried). Note: Some people may be able to tolerate small amounts of other fruits.
- 10) Most red meat (it is hard to digest).
- 11) Dairy products (some people may be able to tolerate small amounts of yogurt and/or goat's milk yogurt).
- 12) Soy sauce, miso and any fermented soy bean products such as tempeh.
- 13) Canned juices and processed foods.
- 14) Coffee and black tea.
- 15) Mouldy nuts, such as peanuts, pistachios and cashews.
- 16) Processed foods, such as processed meats.
- 17) Wheat and refined wheat flour products.
- 18) Artificially sweetened drinks and food products.

## Things to eat:

- 1) Whole grains, for example: brown rice, millet, buckwheat, spelt, oats, amaranth, quinoa and products made from them like rice pasta, yeast free rye bread, puffed millet or wheat-free cooked cereals.
- Note: A diet that includes complex carbohydrates is often beneficial for those with any number of health conditions. Flours made from whole grains and even legumes and vegetables (for those on gluten free diets) are available at most health food, some grocery and specialty food stores.
- Some people with candida have been known to be sensitive to starchy vegetables and grains. Experimentation and testing of foods should help you to discover what is appropriate for your body.
- 2) Fish, shellfish and organic or free range poultry (commercial poultry and meat usually contains both hormones and antibiotics), some lean red meats or organ meats.

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- 3) Beans and legumes (kidney beans, limas, chick peas etc.)
- 4) All vegetables.
- 5) Nuts and seeds, except those listed above.
- 6) Fresh vegetable juices.
- 7) Herbal teas. (Read labels, some contain dried fruit.)
- 8) Apples, pears, lemon and lime juices and occasionally sweeter fruits in small amounts. It is best to avoid these altogether in the first few weeks due to the sugar content. Avoid overripe and tropical fruits.
- 9) Yogurt (if cow's milk is tolerated).
- 10) Soy milk or goat's milk, for those avoiding cow based dairy products.
- 11) Vegetable or nut oil. (Cold pressed is recommended.)
- 12) Herbs and spices.
- 13) Mineral water and seltzer (soda water).
- 14) Snack foods may include popcorn, tortilla or potato chips, but be sure to read labels as yeast and several other chemical additives are used in flavourings.

Please note that while the diet can be very helpful in reducing the level of candida in one's system, a full candida program often includes four components:

- 1) Diet, as above.
- 2) Antifungal, which may include garlic, tahecho or la pachu tea or prescription medications.
- 3) Intestinal and bowel cleansing, which may include psyllium, bentonite or herbal enemas and colonics.
- 4) Re-colonization of the intestinal tract with healthy bacteria, such as acidophilus.

Many people experience a condition known as "die-off", in which the candida-related symptoms actually seem to increase during the first week of the elimination diet. These symptoms, which may include headaches and dizziness, nausea, excessive sweating or a change in body odour, or an unpleasant taste in the mouth, are due to the toxins leaving the body. Generally the symptoms begin to lessen within two weeks. If you are concerned about any of these reactions, please do not hesitate to consult your doctor or another practitioner.

It is extremely important to qualify these particular food guidelines by saying that each person must take into consideration his or her food sensitivities. These may be tested in various ways. In addition, some people with candida may be sensitive to, although not necessarily allergic to some of the permitted foods. For these people, a rotation diet may be most effective.

Please remember it is very important to consult a health practitioner before going on any restrictive diet if you have any other health problems that may contra-indicate this diet plan. Also, although it may be difficult, especially for those living in isolated areas, it is of utmost importance to obtain a proper diagnosis before beginning any new regimen.