The goal of this diet is to deprive Candida yeast of the foods that feed its overgrowth. Foods that break down into sugars feed this organism - the following foods should be avoided for the duration of the Candida detox recommended by your health practitioner.

**Sugars - including natural sugars:**
Barley, corn, rice syrup; sugar, honey, maple syrup, dairy products (contain lactose), any foods containing concentrated sweeteners, all dairy.

**Foods easily converted into simple sugars:**
All fruits, dry fruits, fruit juice, refined grain pastas, white rice, all refined flours.

**Yeast and fermented foods:**
Yeast (bakers, nutritional, brewers), cheese, soy sauce, all types of vinegar, pickled products, smoked meats, fish, tofu, miso, tempeh, malted products, melons, all alcoholic beverages.

The following foods are acceptable on the Anti-Candida Diet:

**Proteins:**
All beans, organic eggs, organic chicken or turkey, raw or soaked nuts and seeds (except cashews, peanuts, pistachios).

**Whole Grains:**
Millet, rye, barley, amaranth, kamut, spelt. If not having gluten - only consume buckwheat, quinoa and brown rice.

**Vegetables:**
All vegetables that are not overly sweet or starchy: green leafy vegetables, broccoli, cabbage, cauliflower, brussel sprouts, bok choy, kohlrabi, zucchini, onions, garlic, sea vegetables (nori, dulse, wakame, Kombu, etc.), pumpkin, turnip, all sprouts (except wheat).

**Sweetener:**
Stevia is an herbal sweetener. It is the only sweetener that Candida does not feed on therefore can be used liberally. It can be purchased in any health food store in powder or concentrated liquid form.

**Condiments and oils:**
Bragg’s amino acids (non-fermented wheat-free soy sauce), carob powder (chocolate substitute), tahini and other raw nut/seed butters (except nut butters noted above),
garlic, lemon, onion, dulse, any dried herb of fresh herb, flax oil (unheated), ghee (clarified butter), extra-virgin olive oil, coconut oil.