



Food List 1 Unlimited

Fruit

Avocado
Cranberries (sulfate & sugar free)
Lemons/limes

Beverages (organic is best)

Almond milk
Fruit Juice (unsweetened cranberry, lemon
or lime diluted & sweetened with pure
stevia)
Hemp milk
Herbal tea
Potato milk
Purified water
Rice milk
Sparkling or soda water
Vegetable juices (no sugar added)

Fats & Oils

Coconut oil
Flax oil
Ghee
Grape seed oil
Hemp oil
Olive oil
Sesame oil

Legumes

Black beans
Black eyed peas
Chick peas
Green beans
Kidney beans
Navy beans
Snow peas

Meat & protein

Free range, antibiotic & hormone free
beef
Buffalo
Eggs
Fish (limit to 2 servings/week because of
high mercury content)
Lamb
Pork
Poultry (chicken, turkey, duck, hens, goose)
Rabbit
Veal
Wild game

Nuts & Seeds

Almonds
Brazil nuts
Flax seeds
Hemp seeds
Macadamia nuts
Pine nuts
Pumpkin seeds
Sesame seeds
Sunflower seeds

Spices and Sweeteners

Fresh herbs
Dried herbs (less than 6 mo old)
Pepper
Sea salt
Stevia

Vegetables (organic is best)

Artichoke
Asparagus
Bamboo shoots
Bock choy
Broccoli
Brussel sprouts
Cabbage
Carrots
Cauliflower
Celery
Chard
Cucumber
Endive
Fennel
Greens (beet, collard, dandelion, spinach)
Kale
Lettuces
Okra
Onion (garlic, chives, leeks, scallions,)
Radishes
Squash
Sprouts
Tomato
Turnip
Watercress

**If you are allergic or experience a sensitivity to any of these items, do not include them in your diet.*



Food List 2 (Limited)

Fruit (2 servings daily)

Blueberries
Grapefruit
Green apples (sour)
Kiwi (hard)
Pears (hard)
Strawberries

Dairy (2 servings daily)

Butter
Cheese
Cream
Kefir
Milk
Sour cream
Yogurt

Grains (2 servings daily)

Amaranth
Barley
Buckwheat
Kamut
Millet
Oats
Quinoa
Rice (brown)
Spelt
Wheat

Vegetables (1 serving daily)

Beets
Peas
Potatoes
Parsnips
Pumpkin
Sweet potatoes
Yams

Miscellaneous(1serving daily)

Cocoa powder (unsweetened)
Coffee/tea
Miso
Processed lunch meats (uncured nitrate-free only)
Tamari
Vinegar

Treatcandida.net

Food List 3 (avoid completely)

Beverages

Alcohol
Fruit juice
Soda pop

Dairy

Ice cream
Processed cheese
Whipped cream

Fats

Margarine & other butter substitutes
Refined, cooked, hydrogenated oils
Vegetable oils not listed in green list

Nuts & Seeds

Cashews
Peanuts
Pistachios
Pecans
Walnuts

Sugar & Sweeteners

Agave syrup
All artificial sweeteners
Barley
Brown sugar
Corn sugar (syrup)
Granulated & powdered sugar
Date sugar
Fructose & other fruit sugars
Glucose
Honey
Maple syrup
Mannitol
Molasses
Rice sugar (syrup)
Splenda
Sorbitol
Sucralose
Sucrose
Truvista
Turbinado sugar
Xylitol

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