

# Anti-Candida Diet

DR. KRISTA MOYER - NATUROPATHIC DOCTOR  
VANCOUVER, BC

## GENERAL DIETARY GUIDELINES

1. Avoid ALL grains, dairy, yeast, vinegars & any forms of sugar (including stevia)
2. Increase the amount of nutritious food from a wide variety of sources - mainly vegetables
3. Avoid known food sensitivities/intolerances/allergies
4. Avoid ALL fruits and fruit based juices, & any forms of alcohol
5. Eat smaller meals
6. Increase low carbohydrate vegetables, fish, lean meats, & eggs.

## DIETARY GUIDELINES - CATEGORIES

### Vegetables

Food to eat regularly & daily

- ARTICHOKE
- ASPARAGUS
- BEETS
- BOK CHOY
- BROCCOLI
- BRUSSEL SPROUTS
- CABBAGE
- CARROTS
- CAULIFLOWER
- CELERY
- CHIVES
- CUCUMBERS
- EGGPLANT
- GREEN PEPPER
- SWISS CHARD
- SPINACH
- MUSTARD GREENS
- BEET GREENS
- COLLARD GREENS
- KALE
- GARLIC
- LETTUCE - DARK GREEN
- ONIONS
- PARSLEY
- PARSNIP
- RADISHES
- SOY BEANS
- STRING BEANS
- TOMATOES
- TURNIPS
- OKRA
- YAM
- ZUCCHINI

## OTHERS - SAFE

### NUTS & SEEDS

ALMONDS, WALNUTS,  
PECANS, CASHEWS  
PUMPKIN, SUNFLOWER,  
SESAME

## OTHERS - TO AVOID

### CONDIMENTS, SAUCES & VINEGAR-CONTAINING FOODS:

MUSTARD, KETCHUP, WORCESTERSHIRE, STEAK SAUCE, BBQ SAUCE, CHILI SAUCE, SHRIMP SAUCE, SOY SAUCE, PICKLES, PICKLED VEGETABLES, RELISHES, OLIVES, SAUERKRAUT, HORSERADISH, MINCEMEAT, TAMARI; VINEGAR & VINEGAR-CONTAINING FOODS (MAYONNAISE & SALAD DRESSINGS)