

ANTI-CANDIDA DIET GUIDELINES

AVOID	EAT
<p>Sugar Refined Sugar Most Sweeteners Fruit Sugars Fruit High In Fructose Milk Malt Refined Carbs: Pasta, Bread, White Rice Biscuits, Cake, Pastry Foods & Drinks Containing Added Sugar, E.G. Ketchup, Fizzy Drinks</p> <p>Vegetables High In Sugar Potato Sweet Potato Swede Parsnips</p> <p>Foods Containing Yeast Bread Spreads Gravy Vinegar Alcohol</p> <p>Mould Cheese Mushrooms Peanuts, Cashews, Pistachios Environmental Mould</p> <p>Stimulants¹ Tea Coffee</p>	<p>Low G I Diet (See <u>Low G I Cheatsheet</u>)</p> <p>Non- Starchy Vegetables</p> <p>Green Vegetables</p> <p>Eggplant Onions Garlic</p> <p>Fruits Avocado Lemons Limes Olives</p> <p>Protein: Meat, Fish, Eggs Fresh, Organic Where Possible</p> <p>Fat Butter Ghee Olive Oil Coconut Oil (Cold Pressed) Sesame Oil</p> <p>Nuts & Seeds Almond, Flax, Hazelnuts, Sunflower</p> <p>Allowed Sweeteners Stevia Erythritol Xylitol</p>

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