



Anticandida Diet Suggestions

Breakfast

Rice flakes, corn puffs, millet flake cereal with malt free, sugar free soy milk.

NOTE: Use a maximum of three grains in cereals for optimal digestion.

Tahini on rice toast, sprinkle the top with linseeds, pepitas or sunflower seeds.

Poached egg* on yeast-free corn bread.

Leftover vegetables, mashed and made into patties, lightly fried, on yeast-free corn toast.

Morning Break

Avocado and grated carrot on rice or corn crispbread.

Handful of nuts and seeds, lightly grilled for flavour – sesame seeds, pepitas, sunflower seeds and almonds.

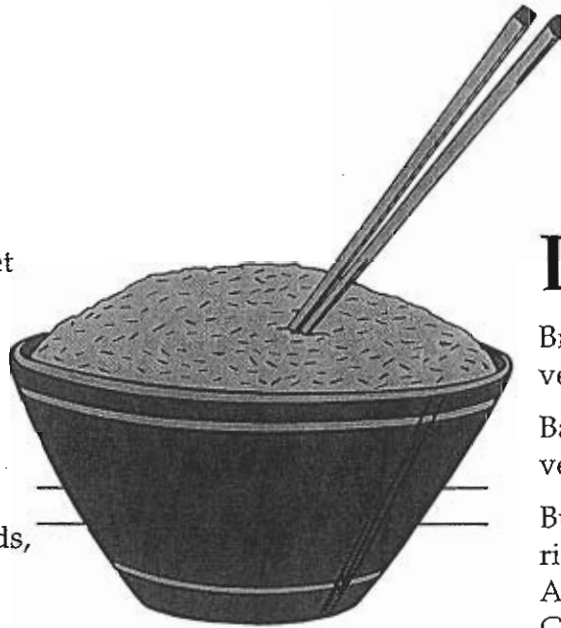
Almond or other nut (not peanut) paste on rice toast or crispbread.

Lunch

Stir fry onions, garlic and vegetables with buckwheat pasta.

Salad with fresh herbs, olive oil and garlic dressing, sprinkled with lightly toasted seeds.

Salad with chicken breast* and rice.



Lunch (continued)

Salad sandwich with home-made hummus (chick peas, lemon juice, garlic and tahini).

Chicken* burger with salad on yeast-free bread spread with avocado.

Stir-fry vegetables with lean mince* or lamb* and rice noodles.

Afternoon Break

Red clover or dandelion tea with rice flour muffin (add grated carrot or zucchini for flavour).

Tahini or avocado on rice toast or crispbread sprinkled with seeds.

Tuna in springwater with salad and hummus or avocado on crackers.

Home-made hummus dip with carrot and celery sticks.

Dinner

Brown rice and split pea vegetable soup.

Baked chicken* and vegetables.

Burger or mince patties on rice bread with salad. Avocado/hummus spread. Garlic, onion, fresh coriander or basil, vegetable stir-fry with basmati or jasmine rice.

Vege-burger (mash vegetables and combine with cooked rice and an egg to form patties) with salad, on yeast-free bread.

Fillet of fresh fish with salad (linseed oil and lemon juice dressing) or vegetables.

Poached mackerel fillet in coconut cream. Serve on a bed of rice with salad.

*Free Range/organic where possible.



ANTICANDIDA DIET

This is a six to eight week diet.

CATEGORY	FORBIDDEN FOODS	ALTERNATIVES ALLOWED
Bakery	Commercial breads and biscuits with wheat. Oats (for the first three weeks). Commercial muffins, cakes and pastries. Wheat or semolina-based pasta. All foods containing yeast.	Rice, corn, buckwheat, millet. Rice or corn crackers. Puffed millet and rice flake cereal. Rice, corn, millet or buckwheat pasta.
Beverages	Alcohol, fruit juice, soft drink, cordials, tea, coffee, dairy milk. Soy milk <u>with</u> malt or sugar.	Pau D'arco tea, red clover tea, dandelion tea. Filtered water with a squeeze of lemon juice. Diluted vegetable juices (no carrot).
Condiments, oils and spreads	Sugar, artificial sweeteners, malt, honey, fructose, lactose. Vinegar, salt, pepper, soy sauce, mayonnaise, tamari, shoyu, Worcestershire sauce, etc. Margarine, butter and all commercial spreads - vegemite, jam.	Make your own dressing with cold pressed linseed oil or olive oil and lemon juice. Add garlic or herbs if desired. Use tahini or avocado as a spread. Home-made hummus - cooked chick peas, blended with garlic, lemon juice and tahini.
Dairy Products	All forbidden, as they contain milk sugar. Ice cream, cheese, milk, yoghurt, cream, butter, milk powders, whey, buttermilk.	Allowed soy milk with no added sugar or malt.
Fruit	All forbidden for the first 4 weeks. Fruit contains sugar, and Candida will survive with even a small amount of sugar.	During the 5th to 8th weeks you are allowed small amounts of pawpaw, pineapple, banana and kiwifruit.
Meats	Avoid shellfish, sausage, salami, ham and other processed and/or preserved meats.	Can have lean beef, skinless chicken, lamb and fresh fish. Try to obtain all meat as organic/free range as possible.
Nuts and Seeds	Avoid peanuts, coconut, old nuts and seeds.	Fresh nuts and seeds.
Vegetables	Avoid for the first three weeks: sweet corn, sweet potato, potato, beans, squash. You can eat all of these after week three. Avoid mushrooms and other fungi. Avoid fermented foods, including tofu, miso and tempeh.	All other fresh vegetables.