

Candida

Candida infection, prolonged use of antibiotics (food allergy/intolerance)

- Dietary changes, restricted diet necessary – figure 1. (Iceberg)
- Reduce the following:
 - A. All sweets, white sugars (sucrose, lactose, sorbital, fructose, glucose) including honey, corn syrup, molasses, fruit juices, coffee drinks, soda (decrease yeast...decrease sugar cravings)
 - B. Pastries, breads, baked goods
 - C. Milk products (milk sugar feeds yeast), milk protein, cheese (mold), and fermented products
 - D. Vinegar, soy sauce, barbecue sauce, steak sauce, mustard, ketchup, mayonnaise, salad dressing, pickled foods.
 - E. Processed meats, smoked meats, bacon, sausage, ham, lunch meats
 - F. Dried Fruits
 - G. Coffee
 - H. Peanuts, peanut butter
 - I. Melons
 - J. Alcohol (yeast + sugar)
 - K. Food Allergy, Intolerances – Eggs, milk, wheat, corn, also sweeteners, Food additives like Nutrisweet (Aspartane), MSG
 - L. Limit Starches – limit high sugar vegetables
*(see chart)