

# Candida

## YES

veges, vegetable juice  
(except mushrooms, raw veges are better)

green apples  
berries

grapefruit  
lemon/lime

meats (except pork)  
eggs/ egg whites  
yogurt  
cream cheese

avocado  
butter  
cream  
sour cream  
olive oil  
flax oil  
pecans  
almonds  
walnuts  
cashews  
pumpkin seeds

cider vinegar  
stevia

## NO

legumes (lentils\*, beans\*, peas\*)

fruit/juice (except greenapples/berries)

alcohol

pork  
egg substitute

green olives  
butter substitute  
peanuts, peanut oil  
corn oil

potatoes  
corn  
oats\*  
wheat  
buckwheat\*, amaranth\*  
millet\*, barley\*  
quinoa\*  
pasta\*  
yams\*  
brown rice\*

pickles  
salad dressings  
mustard, ketchup, BBQ sauce  
soy sauce, hot sauce  
mayo

\*can be added after a clean out phase of 2-4 weeks