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Anti-Candida Food Plan – Metric

Proteins *Proteins*

Servings/day _____

Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred

Animal Proteins:

- ☐ Cheese (fresh, unaged): Cottage cheese, goat cheese, mozzarella, ricotta
- ☐ Egg–1
- ☐ Fish: Anchovies, cod, flounder/sole, herring, halibut, salmon, sardines, trout, etc.–30 g
- ☐ Meat: Beef, buffalo, elk, lamb, ostrich, pork, venison, etc.–30 g
- ☐ Poultry (skinless): Chicken, Cornish hen, duck, pheasant, turkey, etc.–30 g

Plant Proteins:

- ☐ Mung bean/Edamame pasta–15 g
- ☐ Natto–30 g
- ☐ Spirulina–2 T
- ☐ Tempeh#–30 g
- ☐ Tofu# (firm/extra firm)–40-60 g
- ☐ Tofu# (soft/silken)#–85 g

Protein Powder:

- ☐ Check label for # grams/scoop–1 protein serving = 7 g Egg, hemp, pea, rice, soy, whey

1 serving as listed = 35-75 calories, 5-7 g protein, 3-5 g fat, 0-4 g carbs

Average cooked meat serving is 85-113 g (size of deck of cards).

Eliminate: All deli meat, lunchmeat, and processed meats. All cheeses except for those specifically allowed.

Legumes *Proteins/Carbs*

Limit servings to 2-3 per day

Organic, non-GMO preferred. Dried, soaked overnight, and rinsed.

- ☐ Black soybeans#–43 g
- ☐ Beans#, lentils# (cooked)–40 g
- ☐ Edamame#–39 g

1 serving = 90-110 calories, 3-7 g protein, 0 fat, 15 g carbs

Eliminate: Peas and peanuts

Dairy & Alternatives *Proteins/Carbs*

Servings/day _____

Unsweetened required. Organic and non-GMO preferred.

Dairy:

- ☐ Kefir (plain)–175-225 g
- ☐ Yogurt# (plain, with live cultures): Cow, sheep, goat–175 g

Dairy Alternatives:

- ☐ Milk: Almond, cashew, coconut, flaxseed, hazelnut, hemp, soy–225 g
- ☐ Yogurt: Coconut, soy (cultured)–115-175 g
- ☐ Kefir: Coconut, soy–115-175 g

1 dairy serving = 90-150 calories, 7-8 g protein, 12 g carbs / 1 dairy alternative serving = 25-90 calories, 1-9 g protein, 1-4 g carbs (nutritional values vary)

Eliminate: Cow's milk, goat's milk, and all flavored or sweetened yogurts.

Nuts & Seeds *Proteins/Fats*

Servings/day _____

Unsweetened required. Unsalted and organic preferred

- ☐ Almonds–6
- ☐ Brazil nuts–2
- ☐ Chia seeds–1 T
- ☐ Coconut (dried)–3 T
- ☐ Coconut wraps (raw, vegan)–1 wrap
- ☐ Flaxseed (ground)–2 T
- ☐ Hazelnuts–5
- ☐ Hemp seeds–1 T
- ☐ Macadamias–2-3
- ☐ Nut and seed butters: Almond, macadamia, pecan, sunflower, tahini, walnut—½ T
- ☐ Pecan halves–4
- ☐ Pine nuts–1 T
- ☐ Pumpkin seeds–1 T
- ☐ Sesame seeds–1 T
- ☐ Sunflower seeds–1 T
- ☐ Walnut halves–4

1 serving = 45 calories, 4 g fat

Eliminate: Cashews, peanuts, and pistachios

Fats & Oils *Fats*

Servings/day _____

Minimally refined, cold-pressed, organic, non-GMO preferred

- ☐ Avocado–2 T or ⅛ whole
- ☐ Coconut butter (raw)–1 t
- ☐ Coconut milk, unsweetened (BPA-free canned or boxed)–1½ T
- ☐ Ghee/clarified butter (grass-fed)–1 t
- ☐ Oils, cooking: Avocado, coconut, ghee/clarified butter, olive (extra virgin), sesame–1 t
- ☐ Oils, salad: Almond, avocado, flaxseed, hempseed, olive (extra virgin), pumpkin seed, safflower (high-oleic), sesame, sunflower (high-oleic) walnut–1 t
- ☐ Olives: Black, green, kalamata–8
- ☐ Pesto (olive oil)–1 t

1 serving = 45 calories, 4 g fat

Eliminate: Commercially prepared salad dressings, sauces, and spreads, margarine, mayonnaise, highly processed oils (canola, corn, grapeseed, peanut, soybean), and shortening.

NOTE: Consume no more than 1 cup of plant proteins per day.

Items marked with # indicate foods to eliminate when following a more strict version of the Anti-Candida Food Plan.

Notes: Nutritional amounts are based on average values for the variety of foods within each food category.

Dietary prescription is subject to the discretion of the health practitioner.

This food plan should be followed under the supervision of a qualified healthcare professional.

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Vegetables *Non-starchy* — *Carbs*

Servings/day _____

Organic, non–GMO preferred

- ☐ Artichoke
- ☐ Arugula
- ☐ Asparagus
- ☐ Bamboo shoots
- ☐ Bean sprouts
- ☐ Beets# (cubed)
- ☐ Bok choy
- ☐ Broccoflower
- ☐ Broccoli
- ☐ Broccoli sprouts
- ☐ Brussels sprouts
- ☐ Cabbage
- ☐ Carrots#
- ☐ Cauliflower
- ☐ Celery
- ☐ Chard/Swiss chard
- ☐ Chervil
- ☐ Chives
- ☐ Cilantro
- ☐ Cucumbers
- ☐ Daikon radishes
- ☐ Eggplant
- ☐ Endive
- ☐ Escarole
- ☐ Fennel
- ☐ Garlic
- ☐ Greens: Beet, collard, dandelion, kale, mustard, turnip, etc.
- ☐ Green beans
- ☐ Horseradish (additive-free)
- ☐ Jicama
- ☐ Kohlrabi
- ☐ Leeks
- ☐ Lettuce, all
- ☐ Microgreens
- ☐ Okra
- ☐ Onion
- ☐ Parsley
- ☐ Peppers, all
- ☐ Radicchio
- ☐ Radishes
- ☐ Salsa
- ☐ Scallions
- ☐ Sea vegetables
- ☐ Shallots
- ☐ Snap peas/snow peas
- ☐ Spinach
- ☐ Sprouts, all
- ☐ Squash: Delicata#, pumpkin#, spaghetti, yellow#, zucchini, etc.
- ☐ Tomato
- ☐ Turnip
- ☐ Watercress*

1 serving = about 50 g = 25 calories, 5 g carbs

Eliminate: Corn, fermented foods (kimchi, pickles, sauerkraut), mushrooms, potatoes, yams, and other root vegetables, and starchy vegetables.

Fruits — *Carbs*

Limit servings to 1-2 per day.

Unsweetened, no sugar added. Organic, non-GMO preferred.

- ☐ Apple, green#–1 sm
- ☐ Apricots#–4
- ☐ Blackberries–72 g
- ☐ Blueberries–74 g
- ☐ Cranberries–55 g
- ☐ Grapefruit#–¼ med
- ☐ Huckleberries#–50 g
- ☐ Peach#–1 sm
- ☐ Pomegranate seeds#–85 g
- ☐ Raspberries–120 g
- ☐ Strawberries–190 g

1 serving = 60 calories, 15 g carbs

Eliminate: All fruits not specifically listed above, all dried fruits, and all fruit juice.

Herbs & Spices

No sugar added. Organic and non-GMO preferred.

- ☐ Basil
- ☐ Bay leaf
- ☐ Black pepper
- ☐ Cayenne pepper
- ☐ Chili powder
- ☐ Cilantro
- ☐ Cinnamon
- ☐ Cloves
- ☐ Cacao powder (100% raw)
- ☐ Coriander seed
- ☐ Cumin
- ☐ Curry powder
- ☐ Dill
- ☐ Fenugreek
- ☐ Garlic powder
- ☐ Ginger

Herbs & Spices *(continued)*

- ☐ Himalayan salt
- ☐ Nutmeg
- ☐ Onion powder
- ☐ Oregano
- ☐ Parsley
- ☐ Paprika
- ☐ Pumpkin spice
- ☐ Red curry paste
- ☐ Rosemary
- ☐ Sage
- ☐ Sea salt
- ☐ Thyme
- ☐ Turmeric
- ☐ Vanilla bean (whole)

Whole Grains (100%) — *Carbs*

Servings/day _____

Unsweetened required. Sprouted and organic preferred

Gluten-Free:

- ☐ Amaranth#–82 g
- ☐ Buckwheat#/Kasha#–84 g
- ☐ Millet#–87 g
- ☐ Oats# (rolled, whole)–115 g
- ☐ Quinoa#–90 g
- ☐ Rice#: Brown, wild–65 g

Gluten-Containing:

- ☐ Barley#– 52 g
- ☐ Rye#– 56 g
- ☐ Wheat#–36 g
- ☐ Spelt#–64 g

Individual Portions:

- ☐ Bread#–1 slice
- ☐ Cereal#–20 g
- ☐ Granola# (homemade)–3 T
- ☐ Pasta#–46 g
- ☐ Tortilla–1, 15 cm

All grain servings are for cooked amounts. 1 serving = 75-110 calories, 15 g carbs.

Eliminate: Corn products: chips, grits, polenta, tortilla, etc. Refined grain products (white bread, sweetened cereals, multi-grain cereals, sweetened baked goods, etc.) and yeast breads.

Beverages

Unsweetened, no sugar added

- ☐ Broth (organic): Bone, meat, vegetable
- ☐ Coconut water kefir
- ☐ Filtered water
- ☐ Seltzer water
- ☐ Tea (decaffeinated): Herbal
- ☐ Vegetable juice (fresh, raw, cold pressed)

Eliminate: Alcohol, energy drinks, fruit juices, soda, and tea (green & black).

Condiments

- ☐ Coconut aminos
- ☐ Ketchup (sugar-free)
- ☐ Lemon/lime juice (fresh)
- ☐ Miso
- ☐ Mustard: Dijon, stone ground
- ☐ Vinegars: Apple cider

Use sparingly, suggest 1 T or less per serving

Eliminate: Ketchup (sweetened), mayonnaise, relish, soy sauce, tamari, vinegar (all except apple cider), all brined or sweetened products.

NO SUGARS, NATURAL SWEETENERS, OR ARTIFICIAL SWEETENERS, INCLUDING (BUT NOT LIMITED TO) ASPARTAME, SPLENDA, STEVIA, AND SUGAR ALCOHOLS.

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