

## **The Candida Diet and Good Foods**

Good candida yeast diet vegetables are alfalfa sprouts, asparagus, beets, bell peppers, brussel sprouts, all the cabbages are good for the candida diet including broccoli. Carrots are a very controversial food on the candida diet. They are a simple sugar when digested, but they are also an antifungal and keep the yeast infection from spreading.

Other good candida yeast diet vegetables are celery, dandelion greens, eggplant, fennel, garlic, kelp, all the lettuces, onion, parsnip, pumpkin, kale, spinach, and all the squashes. Tomatoes, turnip greens, water cress, aloe vera, rhubarb, and yucca.

## **The Candida Diet and Meats**

Good meats for the candida yeast diet are beef, buffalo, goat, lamb, pork, poultry and all other fowl both wild and domestic. Good candida yeast diet seafoods are crab, lobster, shrimp, octopus, snail, squid, anchovy, cod, halibut, flounder, Mahi-Mahi, red snapper, swordfish, tuna, and salmon. Fresh water fish include catfish, caviar, crappie, pickerel, sturgeon, perch, white fish, bass, and all trout species are good on the candida diet.

Check the labels on processed meats for starch fillers and sugar products.

All fresh organic vegetables are the best on the candida yeast diet ([grass fed or organic meats](#)) with no antibiotic exposure from grains or injections, seafood, wild fish-not farm raised, wild meats, goat, lamb, and [organic free range poultry](#) . Pork is not recommended ever.

Most herbs are ok.

Most fish these days are contaminated with mercury. Substitute with goat, lamb, poultry, or sardines which are high in omega fatty acids or eat [mercury free wild fish](#).

Natural peppermint teas will also be very soothing on your digestive system while on the candida yeast diet as it helps manage yeast die off, as well as nausea, abdominal fullness, or pain.

Try to drink eight 8 ounce glasses of water a day to keep the body flushed of toxins.

## **Candida Diet Breakfast Ideas**

Good candida yeast diet foods for breakfast are eggs cooked any style, ham, steak, or chicken (Not breaded). Grapefruit and vegetable juices are good, especially fresh carrot juice with a clove of garlic. A person could get tired of eating eggs so just treat breakfast as any other meal. Have chicken salad, raw nuts or yogurt, just use a little imagination.

## **Candida Diet Lunch Ideas**

For lunch have chicken or tuna salad, chicken, fish, beef patties with a vegetable basted in butter.

## **Candida Diet Dinner Ideas**

Just about anything goes on the candida diet for dinner as long as it is an allowed food. Steak, fish, poultry, wild game are all ok as the main dish. Lightly steamed vegetables are best, not over done, but still crisp so you don't kill all the available enzymes in these foods. Herbal teas or water are ok to drink.

After two weeks you can add yams, legumes meaning beans and peas. Oats can be added and include brown rice, oatmeal, quinoa, amaranth, millet, buckwheat, barley, flour tortillas, and sour dough bread in moderation on the candida diet.