

# The “Can Do” Candida Diet



## Breakfast Ideas

<i>Enjoy</i>	<i>Limit</i>
Whole grains such as quinoa, millet and brown rice as a hot breakfast cereal	Bread and flour products, wheat, processed foods
Lemons, limes, unsweetened cranberries Low glycemic berries (raspberries and blackberries are best) limit to 1 cup daily	All other fruit, fresh or dried Fruit juices and fermented beverages like ciders
Herbal teas, yerba mate tea, green tea	Coffee, black teas
Organic plain yogurt (limit to 1 cup daily) Butter, olive or coconut oil Nut Butters (almond, hazelnut, sunflower seed) Unsweetened almond or coconut milk	Milk and dairy products such as sour cream, buttermilk, cheese and ice cream Peanut butter (can contain mold) Margarine
Eggs (organic are best) Gluten-free turkey or chicken sausage Healthy shakes such as FitSMART Shakes	Processed or cured meats High sugar or artificially sweetened meal replacement shakes

## Snack Ideas

<i>Enjoy</i>	<i>Limit</i>
Celery sticks with almond butter	Processed snack foods
Raw nuts and seeds (watch serving size)	Peanuts, pistachios
Plain yogurt and berries	Sugar or artificially sweetened yogurt
Guacamole, hummus, tzatziki	Condiments such as mayonnaise, ketchup, vinegar and most mustards
Cut-up veggies (celery sticks, radishes, peppers)	Crackers, pretzels, chips

## Lunch & Dinner Ideas

<i>Enjoy</i>	<i>Limit</i>
Lean meats: beef, chicken, turkey (organic if possible). Turkey and chicken burgers without buns are great options when eating out	Cured or processed meats Fried foods
All fish (wild-caught white fish and salmon)	Shellfish and farmed fish
Beans / legumes. Great made into soups and chillies	Processed or canned soups and stews Fermented soy products like soy sauce
Whole grains: millet, quinoa, spelt, amaranth, brown rice (limit to 1 cup daily)	Yeast-containing foods; breads and pastries All wheat, wheat products, oats, barley, pasta
All fresh vegetables (raw, steamed, grilled)	Mushrooms and potatoes, pickled products
Salads with olive oil, lemon and herb dressing	Bottled salad dressings with sugar and vinegar