

Candida Foods List

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Meat, Fish & Eggs		Vegetables cont.			
	Beef		Spinach		Soy
	Bison		Spaghetti squash	Breakfast Cereals	
	Chicken		Sprouts (except mung bean)		None except Hot Nut Flour
	Cornish game hen		Swiss chard (and other greens)		(see recipe at
	Duck		Tomato (no tinned sauces/pastes)		www.scdrecipe.com)
	Eggs		Watercress		
	Goose and game birds		Zucchini	NO Grain and Starches ALLOWED	
	Game meats (elk, venison, moose, rabbit)	NO Fruits ALLOWED			
	Lamb				
	Ostrich				
	Quail			Beverages	
	Rabbit				Filtered water, sparkling or soda water
	Turkey				Fresh, non-sweet veggie juice
	Veal				Herbal teas (i.e. rooibos)
	Shrimp, prawns, lobster, scallops, crab (limited amounts)			Fats and Oils	
	Wild fish (salmon, cod, bass, haddock, halibut, mackerel, perch, Pollack, snapper, sole, tuna, trout, tilapia, summer flounder, sardines)		After 2-4 weeks, gradually add back in 1-2 low-Glycemic fruits/day. Berries, apples and pears are a good start.		Cold pressed flaxseed, hemp, sunflower, pumpkin seed, sesame, safflower, extra virgin olive oil – for dressings
	Soy-tofu, tempeh, miso (organic, fermented is best)				Coconut oil, ghee-for cooking
Vegetables				Condiments and Spices	
	Artichoke				Capers
	Asparagus				Coconut, coconut milk
	Avocado	Nuts and Seeds and Nut Butters			Dijon mustard, unsweetened
	Broccoli		Almonds		Herbs, fresh and dried
	Brussels sprouts		Brazil nuts, cashews		Lemon juice
	Cabbage		Filberts (hazelnuts)		Lime juice
	Carrots (raw)		Hemp		Mayonnaise (unsweetened)
	Cauliflower		Macadamia nuts		Organic apple cider vinegar
	Celery		Pecans, pine nuts		Sea salt
	Cucumber		Sesame seeds		Spices, dry (< 6 months old)
	Eggplant		Sunflower seeds		Spices, fresh
	Green beans	NO Breads and Crackers ALLOWED			Unsweetened salsa
	Garlic (scallions, shallots, onions and leeks)			NO Dairy ALLOWED	
	Lettuces				
	Olives (in moderation)	Beans and Legumes			After 2-4 weeks, organic yogurt or kefir
	Parsley		ALL types EXCEPT		Butter
	Peppers		Peas	Sweeteners	
	Radishes		Red Lentils,		Stevia
	Rutabaga, turnip		Lima beans		