


**Candida diet foods pdf**

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So far in this series, we have looked at the causes and symptoms of Candida overgrowth (or yeast infection). If you missed any of the previous articles, or want to remind yourself, you can read the following to catch up: In this sixth and final article, we will look at what you can and can't eat when you are tackling Candida overgrowth. I will tell you the most common foods that feed and contribute to the symptoms of Candida and the best foods you can eat to help suppress and control it. As we have seen throughout this series, Candida is a simple organism that doesn't need much to thrive. The damp, warm environment of our digestive system, a reduction in healthy bacteria (usually caused by taking antibiotics), and lots of sugar is all Candida needs to flourish, grow and take hold in your gut, causing any number of unpleasant symptoms such as digestive symptoms, emotional problems, skin, weight issues, muscle, and joint pain, food allergies, itching and frequent infections to name just a few. These symptoms, alone and in combination all contribute to making you feel seriously under par. However, a few simple changes to your diet can help alleviate all of them. Isn't that great news? If you have or suspect you may have, Candida there are steps you can take to help minimize its growth Candida- starting with your diet. Here is a list of foods that I have found in my Naturopathic practice to be most aggravating to people with Candida overgrowth. **Top Five Foods to Avoid** 1. Sugar Any form of processed sugar including white or brown sugar derived from the cane sugar plant and any simple sweetener derived from maple syrup, honey, agave, brown rice syrup or malt. You also need to take great care to avoid high fructose corn syrup – this processed form of sugar, derived from the corn plant, is especially problematic for yeast overgrowth and should be eliminated. Read labels, you may be surprised to find all the hidden sources of sugar that you may be consuming. Packaged soups, coffee creamers, packaged seasonings are all potential sources. 2. Simple Carbohydrates Processed carbohydrates such as white flours, white rice contain no fiber and turn into simple sugars in the digestive system. Foods in this category include crackers, chips, pasta, and noodles. 3. Yeast Candida is a yeast and, when you consume foods that contain yeast, you are adding more yeast to an already yeast-heavy environment. High yeast foods include: \*Alcohol which is fermented using yeast. Wine and Beer contain the most yeast and people who are yeast sensitive tend to react more to them than they do to distilled spirits like vodka, gin & tequila which contain less.\*Fermented products, including all types of vinegar, soy sauce, tamari, salad dressing, mayonnaise, ketchup, mustard and most other condiments that include vinegars.\*Many breads contain yeast – it is what makes the bread rise so that it is fluffy and light. Sourdough bread gets mixed reviews on being allowed on a Candida diet. Sourdough is made with a starter so there is no active yeast added to the mix. However, the starter comes from naturally occurring yeast spores that float around in the environment. For this reason, I recommend avoiding sourdough when doing a Candida cleanse. Tortillas do not contain yeast and can be used to replace bread. 4. Mold Foods that are high in mold can add to the fungal spores in the intestinal tract that contribute to the growth of Candida. Foods that may have mold on them include: \*Meats that are pickled, smoked or dried such as hotdogs, smoked salmon and cured pork bacon.\*Cheese, especially "moldy cheese" such as brie and camembert. I recommend avoiding all cheeses during the Candida cleanse.\*Peanuts & Pistachios\*Dried fruits and fruit that has been bottled, canned or jarred. These belong in the sugar category as well as the mold category as they contain both concentrated sugar and often mold spores on the skin as well. 5. Mushrooms Mushrooms are a fungus and, as such, can also contribute to yeast overgrowth. Mushrooms have a role to play in medicine and some species can boost the immune system. However, for the purpose of treating Candida, any foods that have a fungal component to them are best avoided to minimize yeast growth in the intestines. The Five Best Foods to Eat to Eliminate Candida The best diet to keep Candida overgrowth to a minimum is one that is high in healthy protein, fats, and complex carbohydrates. Here are my top five food groups for beating Candida: 1. Protein Protein from animal sources such as chicken, fish, shellfish, eggsProtein from non-animal sources such as beans, legumes (such as red or brown lentils), nuts, and seeds (except peanuts and pistachios) 2. Fresh Vegetables Especially dark leafy greens such as spinach, cabbage, kale and collards. Root vegetables such as carrots and potatoes can be eaten in moderation but beware as they contain carbohydrates that will turn to sugar once eaten. Frozen, canned or jarred vegetables can be eaten but should be consumed in moderation – in general fresh is always best. 3. Fresh Fruits 1-2 servings of fresh fruit per day will provide good fiber, vitamins and minerals. However, if you notice symptoms of gas, bloating and brain fog after eating fruit you may be sensitive to it and should eliminate it from your diet as well. 4. Complex Carbohydrates Some people can handle having whole grains in their diet. If you find you get gas, bloating, stomach pain, blood sugar crashes or weight concerns after eating whole grains then you will need to avoid them. Otherwise, you may be able to consume grains such as: \*Oats\*Barley\*Kamut\*Brown or wild rice\*Millet\*Teff\*Buckwheat\*Quinoa 5. High Quality Oils (Good Fats) All our cells have an outer layer of fat that makes up the cell membrane. When we eat high-quality oils this membrane are healthier and work optimally. When our cell membranes are working properly then we are healthier and have more energy. Unrefined and cold-pressed oils are the best when available. Good fats include (but are not limited to): Coconut oil Olive oil (avoid olives themselves as they are pickled in a brine so fall under the fermented foods category and should be avoided) Avocados & avocado oil Sunflower oil Safflower oil Fish Oil Flax seed oil Chia Seed In addition to eating the right foods it is important to stay well hydrated. Drinking 1-2 liters of water a day will contribute to a healthy digestive system and help minimize yeast overgrowth. Closing Thoughts Candida overgrowth can be the hidden culprit in many chronic health concerns. It can build up over a long period of time and symptoms may not be obvious at first. It has been my experience that most people, at some point in their life, do well to do a Candida cleanse and eliminate yeast- and yeast-promoting foods from their diet for a certain period of time. Cleaning up ones diet, adding high quality probiotics and reducing sugar will always help to put people on the path to good health. If you suspect you might have Candida overgrowth and would like to find out more about my specially designed Yeast and Candida Detox Program, please make an appointment today. This is a three-tiered supported treatment that: Eliminates the foods that cause the yeast to grow Kills off the yeast Repopulates the intestines with healthy bacteria I love to read your comments; if you have any thoughts or experiences you would like to share about your battle with Candida, or if you have any questions, please use the comments box below. This concludes the series on Candida overgrowth and its role in your health. Look for my new, upcoming series of articles focusing on deadly food allergies. To be sure you don't miss it you can subscribe to this blog using the subscription box on this page and have it sent directly to your inbox. Candida overgrowth is a common issue we see with our patients. Recurrent vaginal yeast infections, ongoing fatigue, poor digestion, mood concerns, and skin problems can all be caused by an overgrowth of Candida. And a diet that aims to starve off the Candida and feed the good bacteria in your microbiome may be part of the solution you've been looking for. So what can you eat on the Candida diet and what should you avoid? Start by eliminating sugar, grains, alcohol, fermented foods, and dairy. Instead, fill your plate with lean protein, a wide variety of vegetables, and healthy fats. A healthy gut is a healthy you! So let's dive into our starter guide on yeast overgrowth and the Candida Diet, including eight tempting recipes safe to enjoy while you restore the balance of Candida in your system. What Is Candida Yeast Overgrowth? When we look at risk factors for Candida overgrowth, there are two primary questions at play: 1) What feeds the Candida naturally residing in my body? 2) What diminishes the helpful bacteria in my gut, allowing the harmful bacteria to multiply unchecked? It's interesting to note that the answers to these questions are two sides of the same coin. What feeds harmful bacteria and contributes to yeast overgrowth also starves the good bacteria in your system. However, the reverse is also true: a diet that encourages beneficial bacteria to flourish will help eliminate harmful gut flora and restore a healthy balance of Candida. There are a number of potential factors in overgrowth of Candida causing recurrent yeast infections. These include: taking antibiotics uncontrolled diabetes chronic or frequent steroid use being immunocompromised increased estrogen levels (such as during pregnancy or on some forms of birth control)2 With Candida overgrowth in the gut, antibiotic use is the main risk factor. Now, we aren't saying all antibiotic use is bad – sometimes, it's very much needed. However, it's important to recognize that antibiotics kill off the good bacteria in the gut, which can let bad bacteria and yeast flourish. Other common causes of Candida overgrowth include diet and lifestyle. That may mean: chronic stress excessive alcohol consumption a diet high in sugar or refined carbohydrates One of the pillars of being Fully Functional® is reducing toxic influences in your life. While most people think about detox in terms of chemicals or pathogens, getting healthy also means reducing your exposure to chronically stressful work conditions and negative or unhealthy relationships. Both chronic stress and excessive alcohol consumption weaken your immune system, which can cause an imbalance in the gut microbiome. Refined carbohydrates and high-sugar foods also both feed Candida, which can cause an unhealthy imbalance. How Do You Know If You Have Yeast Overgrowth? Candida overgrowth can cause a range of difficult symptoms. Some common signs include: 1) Recurrent vaginal yeast infections, even after treatment – If your yeast infection just won't go away, a stubborn systemic overgrowth of Candida may be to blame. 2) Ongoing tiredness and fatigue – If your gut isn't performing optimally, over time this can lead to fatigue caused by improper nutrient absorption from your diet. 3) Brain fog – Candida produces a variety of chemicals, one of which is a neurotoxin called "acetaldehyde." Normally, the small amounts produced by Candida are easily processed by the liver. However, if you have a Candida overgrowth, acetaldehyde and other toxins can build up and affect your memory, focus, and other brain function.3 4) Digestive issues such as constipation, diarrhea, nausea, gas, cramps, and bloating – If you experience any of these symptoms more than occasionally, then you likely have an imbalance in your gut microbiome, and Candida could be the culprit. 5) Recurrent sinus infections – Acute and short-term sinus infections are mostly caused by bacteria, but many longer term, chronic sinus infections are fungal infections. In fact, one study found fungal infections in a shocking 96% of the 210 chronic sinusitis patients who were tested!4 To further complicate things, most sinus infections are treated with antibiotics, which can kill off the beneficial bacteria in the gut and contribute to overgrowth of Candida. 6) Joint pain – Uric acid is another compound produced by Candida, and it can lead to joint pain in various parts of the body. A build-up of uric acid can lead to gout, which is associated with pain, stiffness, and swelling in your joints.5 7) Skin issues like acne, eczema, or psoriasis – Many of our patients have leaky gut, meaning the lining of their digestive tract is more permeable than it should be. This allows cells, yeast, and toxins to pass from the intestine into the bloodstream. Once in your bloodstream, yeast like Candida can grow in other areas of the body, including your skin. This explains why researchers have found Candida in skin cultures of eczema patients!6 Anecdotally, some of our patients will say they developed eczema while pregnant when they have never had it before, and after pregnancy, they will have a flare-up when they are stressed. Risk factors of developing a Candida overgrowth include an increase in estrogen levels, a compromised immune system, and chronic stress – all of which are hallmarks of pregnancy. So it's not super surprising it first presents while they are expecting, then recurs when they are stressed! 8) Low mood – Candida overgrowth negatively impacts the helpful gut bacteria that produce hundreds of neurochemicals your brain uses to regulate mental processes such as learning, memory, and mood. For example, gut bacteria manufacture about 95 percent of the body's supply of serotonin, which influences mood.7 8The link between an imbalance of Candida in the gut microbiome and the impact it has on your entire body is fascinating proof that our physical systems, emotions, and habits are all closely linked and play important roles in our overall health. What Is the Candida Diet and How Does It Help? The intent of the Candida Diet is to starve off the Candida and nourish the good bacteria in your microbiome instead. We recommend omitting sugar, grains, dairy, fermented foods, and alcohol from your diet completely, as well as avoiding all fruit for the first 2-4 weeks. After that period, please treat fruit as a dessert, as it does contain quite a bit of potentially inflammatory sugar. The ideal anti-inflammatory Candid Diet plate consists of: ¼ of the plate filled with lean protein ¼ of the plate filled with healthy fats, including nuts and seeds ½ of the plate filled with vegetables – limit starchy veggies to 1-2 half-cup servings per day, and remember to eat the rainbow with a wide variety of vegetables. What to Omit, Limit, and Enjoy on the Candida Diet As a rule of thumb, aim to consume about 10-15 grams carbohydrates at a meal and about 5-8 grams of carbohydrates at a snack. (We recommend the MyFitnessPal app for easy carbohydrate tracking!) Since you will be omitting all grains and fruit, your carbohydrate intake will come from vegetables. More specifically, on the Candida Diet, OMIT: damaged, soft, or bruised vegetables mushrooms all fermented foods, including yogurt, kimchi, sauerkraut, and pickles cashews, peanuts, and pistachios processed meats, such as deli or luncheon meats, salami, ham, etc. all dairy, including milk, yogurt, and cheese all grains, including wheat, rice, oats, corn, and barley all added and simple sugars, including glucose, sucrose, corn syrup, cane sugar or juice, honey, agave, maple syrup) jams and jellies fruit juice and juice-based drinks soft drinks hot cocoa all alcohol rice milk kombucha all vinegars except for organic apple cider vinegar Please LIMIT the following foods on the Candida Diet: eliminate fruit entirely for the first 2-4 weeks, then limit to 1-2 half-cup servings of fruit daily – berries are a good choice limit to 1-2 half-cup servings of starchy vegetables daily, such as carrots, parsnips, beets, and winter squash limit to 1 half-cup serving of beans or lentils daily limit organic apple cider vinegar to 1 tablespoon daily Feel free to ENJOY the following foods on the Candida Diet: fresh or frozen veggies lemons and limes avocados olives in water 1- 2 tablespoons s daily of nuts and nut butters (except cashews, peanuts and pistachios) 1-2 tablespoon s daily of seeds and seed butter, such as sunflower seed butter plain or smoked meats and fish fresh herbs and spices coconut aminos cold pressed oils unsweetened nut or seed milks herbal tea and plenty of water 8 Delicious Candida Diet Recipes So you might be thinking, "What on earth am I going to make on this diet?" Fortunately, there are plenty of tasty, healthy options. Take a look at the recipes below to get started! For breakfast, try delicious Toasted Coconut "Grainless" Cereal. This versatile combination of coconut, cinnamon, and cacao is made creamy with cashew, almond, or macadamia nut milk is ready in a flash! At lunch, a Healthy Chopped Veggie Salad is made flavorful with the fresh herbs in Dr. Scott's Mediterranean Salad Dressing. For sides at your Candida Diet meals, try flavor-rich Detox Tabbouleh, the perfect accompaniment for your favorite protein. And we're betting Easy Garlic Broccoli is bound to become a staple side dish in your house, just as it is in ours! There are several scrumptious Candida Diet dinner recipe ideas, including Dijon Salmon With Herbs – it couldn't be easier or more delicious and comes together in no time! We also love Healthy Chicken Tikka Masala, a creamy, rich chicken recipe that will rival your favorite Indian restaurant. And you can't go wrong with vegan Spaghetti Squash Noodles with Vegetable Marinara and Basil, a sneaky way to get lots of veggies and satisfy your spaghetti cravings, while staying gluten-free, grain-free, and low carb. Should You Try the Candida Diet? If you think you may have a yeast overgrowth, then absolutely! The wonderful thing about the Candida Diet is that it is also anti-inflammatory and detoxifying, so you'll be doing great things for your body regardless. In addition to dietary changes, we also recommend supplementing with a probiotic to boost the beneficial bacteria in your microbiome. (Just like the Candida Diet, probiotics are a great addition to your routine for your overall health.) If you still have questions about candida overgrowth, please feel free to contact our office to make an appointment with a health coach or one of our physicians. You can book an appointment by clicking here. We are also happy to speak with you at (317) 989-8463, Monday-Thursday, from 8AM – 5PM Eastern time. Sources:1

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