



## Candida diet overview

This is a very low carbohydrate, lactose free and soy free diet. Candida precisely feeds from sugars, bread, dairy products and soy. Because Candida requires acidity to reproduce, when avoiding these products, the body's pH will turn alkaline and the Candida will stop reproducing.

You must follow the diet exactly. It is important to eat enough salads and vegetables in order to avoid an over-intake of animal protein. The fungus' growth normally requires between 4 to 8 weeks to be controlled.

- 4 to 5 meals a day.
- Have dinner an hour before going to bed.
- Eat until you are satisfied.
- Use sea salt.
- Drink 2 litres of water or tea (except black tea), warm or at room temperature.
- Use "Stevia" as sweetener only, no more than 2 sachets a day.
- Chew every mouthful 20 to 50 times.
- No more than 4 hours may elapse between meals.
- Should you be hungry between meals, eat raw vegetables such as cucumber, celery or cooked broccoli. Vegetables not permitted are: carrots, jicama, beets, potatoes and corn.
- Eat fish twice a week.
- You may eat 50g of fresh goat cheese every other day.
- In case of constipation, take 2 spoonfuls of olive oil every evening.
- Avoid carbohydrates: flours (bread, pasta, cookies, cakes, flour tortillas), corn, white rice, cereals, potatoes, sugar, honey and legumes (beans, fava beans, lentils and soy).
- Avoid fruits in general, particularly those with a high glycemic content or highly acidic, such as citrus fruits. You are allowed 1 small peach or 1 cup strawberries or any other type of berry in the mornings. (The fruit must be ingested half an hour before breakfast in order to avoid fermentation).
- Avoid all types of alcohol and soft drinks, including diet drinks.
- Avoid fungi such as mushrooms.
- Avoid pork and its by-products.
- Avoid vinegar and other fermented foods, cold meats and smoked foods. Avoid canned foods except for tuna fish.
- Avoid all types of dairy products (milk, cheese, cream, yogurt, ice-cream, etc).
- Take only 1 cup of coffee or black tea a day.



## Candida dietary guidelines

**Breakfast:** (Examples to choose from) You may take one cup of tea or coffee with your breakfast.

- 1 peach or 1 cup fresh berries. Mexican eggs (1 whole egg and one egg white, 2-3 tomatoes, onions, chili, 1 tablespoon olive oil) with 2 grilled nopales (Spanish cacti).
- 1 fruit. 2 eggs as preferred with zucchini and onions. 1 tablespoon olive oil.
- 1 fruit. 2 large grilled nopales with a slice of goat cheese (50 g) and 7 almonds.
- 1 fruit. 2 slices turkey breast (70 g), 1/2 a cucumber with salt and 7 almonds.
- 1 fruit. 1 can of water-packed tuna fish prepared however you prefer. Accompany with 1 nopal and 1 tomato.

**Mid-morning snack:** (Select only 1 option)

- Cucumber with salt and 1 boiled egg plus 7 almonds or 1/4 avocado.
- 1 slice turkey breast (50 g), 2 cucumber with salt or boiled broccoli and 5 almonds.
- 1 cooked chayote and 1 boiled egg.

**Lunch:** (Select only 1 option)

- Vegetable soup or chicken broth (no rice).
- 120 g grilled chicken breast, or fish or beef (cooked or fried).
- Accompany with vegetables and salads of your choice (peas, chard, spinach, nopales, peppers, tomato, broccoli, zucchini, cauliflower, mushrooms, onions, cucumber, lettuce, asparagus, etc).
- 250 ml water or tea (no sugar!)

**Afternoon Snack:** (Select only 1 option)

- Cucumber with salt and 1 can tuna fish.
- 2 slices turkey breast (50 g), 1 cucumber with salt or boiled broccoli and 7 almonds.
- 1 cooked chayote and 1 boiled egg.
- 120 g salmon with lettuce salad, 5 olives, 1 tomato, watercress, cucumbers, peppers and dressing.

**Dinner:** (Examples to choose from)

- 2 cups vegetables plus a slice goat cheese (50 g) or 2 slices turkey breast (60 g).
- Vegetable soup with chicken chunks and 1/4 avocado.
- Chard soup with onions, parsley and chicken chunks.
- Tuna with 1 spoonful mayonnaise, onions, chili, tomato and cucumber.
- Vegetables such as zucchini and tomato with 1 can tuna fish.



## Candida dietary guidelines - continued

**Dinner:** (Examples to choose from)

- 1 fish fillet (120 g) with 2 cups vegetables.
- 2 slices turkey breast (60 g), 2 cups boiled broccoli and 7 almonds.
- Greek salad, lettuce, tomato, cucumber, olives, goat cheese, ¼ avocado, olive oil dressing.
- 1 whole egg plus 1 egg white with your choice of 2 cups vegetables. 1 tablespoon olive oil.
- Your choice of 1/2 chicken breast with 2 cups vegetables.
- 1 beefsteak (120 g) with 2 cups vegetables.
- 120 g salmon with lettuce salad, 5 olives, 1 tomato, watercress, cucumbers, peppers and dressing.

**NOTE:** Breakfasts, dinners and snacks may be interchanged. Among the fruits, you may choose: 1 peach or 1 cup strawberries or other fresh berries.

If you feel weak, eat a piece of fruit to increase the sugar levels in your blood-stream.

We recommend that you get your epigenetics tested regularly to prevent candida and wellbeing challenges.