

Candida Cleanse

Start Date _____

End Date _____

Foods/ Beverages that are allowed

All meats

All vegetables, except mushrooms

All fresh fruits, nothing dried

All dairy products, except for aged cheeses (yogurt needs to be unsweetened)

Any unleavened bread products (spelt, rice, rye and oat products are available)

Water, unsweetened tea

Oil and lemon to dress salads

Foods/ Beverages to avoid

Anything containing refined sugars (soda, candy, jams/ jellies)

Anything containing yeast or wheat (bread, cake)

Anything fermented (vinegar, soy, alcohol – this includes dressings and condiments)

Anything packaged, read labels very carefully

Anything with 'active cultures' might contain yeast

Mushrooms

Acidophilus daily

This may be found at Wholefoods or another natural food store