



Anti-Candida Food Plan

PROTEINS

Proteins

Servings/day _____

Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred.

Animal Protein:

Cheese (fresh, unaged):
Cottage cheese, goat cheese, mozzarella, ricotta
Egg—1
Fish: Anchovies, cod, flounder/sole, herring, halibut, salmon, sardines, trout, etc.—1 oz
Meat: Beef, buffalo, elk, lamb, ostrich, pork, venison, etc.—1 oz
Poultry (skinless):
Chicken, Cornish hen, duck, pheasant, turkey, etc.—1 oz

Plant Protein:

Mung bean/Edamame pasta—½ oz
Natto—1 oz
Spirulina—2 T
Tofu (firm/extra firm)—1½-2 oz
Tofu (soft/silken)—3 oz
Tempeh—1 oz
Protein Powder:
Check label for # grams/scoop
(1 protein serving = 7g protein)
Bovine collagen, egg, hemp, pea

1 serving as listed = 35-75 calories, 5-7 g protein, 3-5 g fat, 0-4 g carbs

Average protein serving is 3-4 oz (size of palm of hand).

Eliminate

All deli meat, lunchmeat, and processed meats. All cheeses except for those specifically allowed.

LEGUMES

Proteins/Carbs

Limit servings to 2-3 per day.

Organic, non-GMO preferred. Dried, soaked overnight, and rinsed.

Black soybeans—¼ c
Dried beans, lentils
(cooked)—½ c

Edamame—¼ c

1 serving = ½ c = 90-110 calories, 3-7 g protein, 0 fat, 15 g carbs

Eliminate

Peas and peanuts.

NOTE: Consume no more than 1 cup of plant proteins per day.

DAIRY & ALTERNATIVES

Proteins/Carbs

Servings/day _____

Unsweetened required. Organic and non-GMO preferred.

Dairy:

Kefir (plain)—6-8 oz
Yogurt (plain, with live cultures): Cow, sheep, goat—6 oz

Dairy Alternatives:

Milk: Almond, cashew, coconut, flaxseed, hazelnut, hemp, soy—8 oz
Yogurt: Coconut, soy (cultured)—4-6 oz
Kefir: Coconut, soy—4-6 oz

1 dairy serving = 90-150 calories, 7-8 g protein, 12 g carbs

1 dairy alternative serving = 25-90 calories, 1-9 g protein, 1-4 g carbs (nutritional values vary)

Eliminate

Cow's milk, goat's milk, and all flavored or sweetened yogurts.

NUTS & SEEDS

Proteins/Fats

Servings/day _____

Unsweetened required. Unsalted and organic preferred.

Almonds—6
Brazil nuts—2
Chia seeds—1 T
Coconut (dried)—3 T
Coconut wraps
(raw, vegan)—1 wrap
Flaxseed (ground)—2 T
Hazelnuts—5
Hemp seeds—1
Macadamias—2-3

Nut and seed butters:
Almond, cashew, macadamia, pecan, sunflower, tahini, walnut—½ T
Pecan halves—4
Pine nuts—1 T
Pumpkin seeds—1 T
Sesame seeds—1 T
Sunflower seeds—1 T
Walnut halves—4

1 serving = 45 calories, 5 g fat

Eliminate

Cashews, peanuts, and pistachios.

FATS & OILS

Fats

Servings/day _____

Minimally refined, cold-pressed, organic, non-GMO preferred

Avocado—2 T or ⅛ whole
Coconut butter (raw)—1 t
Coconut milk, regular (BPA-free canned or boxed)—1½ T
Ghee/clarified butter (grass-fed)—1 t
Oils, cooking: Avocado, coconut, ghee/clarified butter, olive (extra virgin), sesame—1 t

Oils, salad: Almond, avocado, flaxseed, hempseed, olive oil (extra virgin), pumpkin, safflower (high-oleic), sunflower (high-oleic), sesame, walnut—1 t
Olives: Black, green, kalamata—8
Pesto (olive oil)—1 t

Eliminate

Commercially prepared salad dressings, sauces, and spreads. Margarine, mayonnaise, highly processed oils (canola, corn, grapeseed, peanut, soybean), and shortening.

Items in orange indicate foods to eliminate when following a more strict version of the Anti-Candida Food Plan.

Notes: Nutritional amounts are based on average values for the variety of foods within each food category.

Dietary prescription is subject to the discretion of the health practitioner.

This food plan should be followed under the supervision of a qualified healthcare professional.



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VEGETABLES Non-starchy

Carbs

Servings/day _____

Artichokes	Green beans
Arugula	Horseradish
Asparagus	(additive-free)
Bamboo shoots	Jicama
Bean sprouts	Kohlrabi
Beets (fresh, cubed)	Leeks
Bok choy	Lettuce, all
Broccoflower	Radishes
Broccoli	Microgreens
Broccoli sprouts	Okra
Brussels sprouts	Onion
Cabbage	Parsley
Carrots	Peppers, all
Cauliflower	Radicchio
Celery	Salsa
Chard/Swiss chard	Sea vegetables
Chervil	Scallions
Chives	Shallots
Cilantro	Snap peas/snow peas
Cucumbers	Spinach
Daikon radishes	Sprouts, all
Eggplant	Squash: Delicata ,
Endive	pumpkin , spaghetti,
Escarole	yellow , zucchini, etc.
Fennel	Tomato
Garlic	Turnip
Greens: Beet, collard, dandelion, kale, mustard, turnip, etc.	Watercress

1 serving = ½ c, 1 c raw greens = 25 calories, 5 g carbs

Eliminate

Corn, fermented foods (kimchi, pickles, sauerkraut), mushrooms, potatoes, yams, and other root vegetables, and starchy vegetables.

Organic, non-GMO fruits, vegetables, herbs and spices preferred

NO SUGARS, NATURAL SWEETENERS, OR ARTIFICIAL SWEETENERS, INCLUDING (BUT NOT LIMITED TO) ASPARTAME, SLENDA, STEVIA, AND SUGAR ALCOHOLS.

FRUITS

Carbs

Limit servings to 1-2 per day.

Unsweetened, no sugar added

Apple, green —1 sm	Huckleberries —½ c
Apricots —4	Peach —1 sm
Blackberries—½ c	Pomegranate seeds —½ c
Blueberries—½ c	Raspberries—1 c
Cranberries—½ c	Strawberries—1 c
Grapefruit —½ c	

1 serving = 60 calories, 15 g carbs

Eliminate

All fruits not specifically listed above, all dried fruits, and all fruit juice.

HERBS & SPICES

Basil	Ginger
Bay leaf	Himalayan salt
Black pepper	Nutmeg
Cayenne pepper	Onion powder
Chili powder	Oregano
Cilantro	Parsley
Cinnamon	Paprika
Cloves	Pumpkin spice
Cacao powder (100% raw)	Red curry paste
Coriander seed	Rosemary
Cumin	Sage
Curry powder	Sea salt
Dill	Thyme
Fenugreek	Turmeric
Garlic powder	Vanilla bean (whole)

WHOLE GRAINS (100%)

Limit to 1 serving per day.

Unsweetened required. Sprouted, organic preferred.

Gluten Free:

Amaranth—⅓ c
Buckwheat/Kasha—
½ c
Millet—½ c
Oats: Rolled,
whole—½ c
Quinoa—½ c
Rice: Brown, wild—⅓ c

Gluten Containing:

Barley—⅓ c
Rye
Wheat
Spelt—⅓ c

Individual portions:

Bread—1 slice
Cereal—½ c
Granola
(homemade)—3 T

Pasta—⅓ c

Tortilla—1, 6 in

All grain servings are for cooked amounts.

1 serving = 60 calories, 15 g carbs

Eliminate

Corn products: chips, grits, polenta, tortilla, etc. Refined grain products (white bread, sweetened cereals, multi-grain cereals, sweetened baked goods, etc.) and yeast breads.

BEVERAGES

Unsweetened, no sugar added

Broth (organic): Bone, meat, vegetable	Seltzer water
Coconut water	Tea (decaffeinated): Herbal
kefir	Vegetable juice (fresh, raw, cold pressed)
Filtered water	

Eliminate

Alcohol, energy drinks, fruit juices, soda, and tea (green & black).

CONDIMENTS

Coconut aminos	Mustard: Dijon, stone ground
Ketchup (sugar-free)	Vinegars: Apple cider
Lemon/lime juice (fresh)	
Miso	

Use sparingly, suggest 1 T or less per serving.

Eliminate

Ketchup (sweetened), mayonnaise, relish, soy sauce, tamari, vinegar (all except apple cider), all brined or sweetened products.

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