

Candida -- Food Sensitivity
(Specific modifications for use with 70/20/20)

FOODS ALLOWED:

Whole grain rice.

All fresh, raw or lightly steamed vegetables with skins on.

Kidney, pinto, navy, chick, soy, black, garbanzo beans and all peas. Asparagus, cabbage, carrots, cauliflower, celery, cucumber, beets and beet greens, green beans, broccoli, brussel sprouts, eggplant, kale, lettuce, onions, green peppers, squash, spinach, tomatoes, and turnips.

Apples, apricots, avocados, bananas, fresh pineapple, plums, rhubarb, strawberries, or other fruits which do not grow mold quickly while stored. Two choices daily.

Fish, turkey with no skin, especially white meat. Very lean meat (chicken, veal, beef, lamb). Cook all meat by broiling or baking. Water packed tuna, sardines or salmon.

Whole eggs poached, soft boiled, soft scrambled or raw.

Bottled spring water and herb teas.

FOODS TO ELIMINATE

All yeast and fungi containing foods such as brewers yeast, bakers yeast, and all foods whose preparation obviously depend on yeast such as breads, rolls, hamburger buns, cake and cake mix, coffee cakes, cookies, crackers, pretzels, certain pastries, and most enriched flour products.

Edible fungi such as mushrooms, truffles and morels.

Mold containing foods such as all cheeses, including swiss, cream and cottage cheese. Velveeta, macaroni and cheese, and cheese containing snacks. Buttermilk, sour cream and sour milk products.

Molds grow in leftovers so these are best eliminated.

Peanuts and peanut-containing products usually contain mold.

Condiments, sauces, all types of vinegar (apple, gin, pear, grape, distilled) and vinegar containing products or foods, processed and smoked meats and malt products (cereals, candy, malted milk drinks) are known to be yeast and mold stimulatory.

Alcoholic beverages such as wine, beer, rum, vodka, brandy, gin, whiskey and other fermented liquors and liqueurs.

Other fermented beverages such as cider and root beer.

Mayonnaise, olives, pickles, sauerkraut, horse radish, salad dressing, barbecue sauce, tomato sauce, chili peppers, mince pie. Oatmeal and barley cereal.

SUGARS TO ELIMINATE:

Sucrose, fructose, maltose, lactose, glucose (corn syrup).

Honey, molasses, maple syrup, maple sugar and date sugar.

Dried and candied fruits such as raisins, apricots, dates, prunes, figs and pineapple.

Melons including honeydew and cantaloupe.

Fruit juices either canned, bottled or frozen including orange, grape, apple, tomato and pineapple.

Packaged and processed foods that are either canned, bottled, boxed or packed usually contain yeast or refined sugar products.

Soft drinks sweetened with refined sugar or NutraSweet.