

Candida Diet



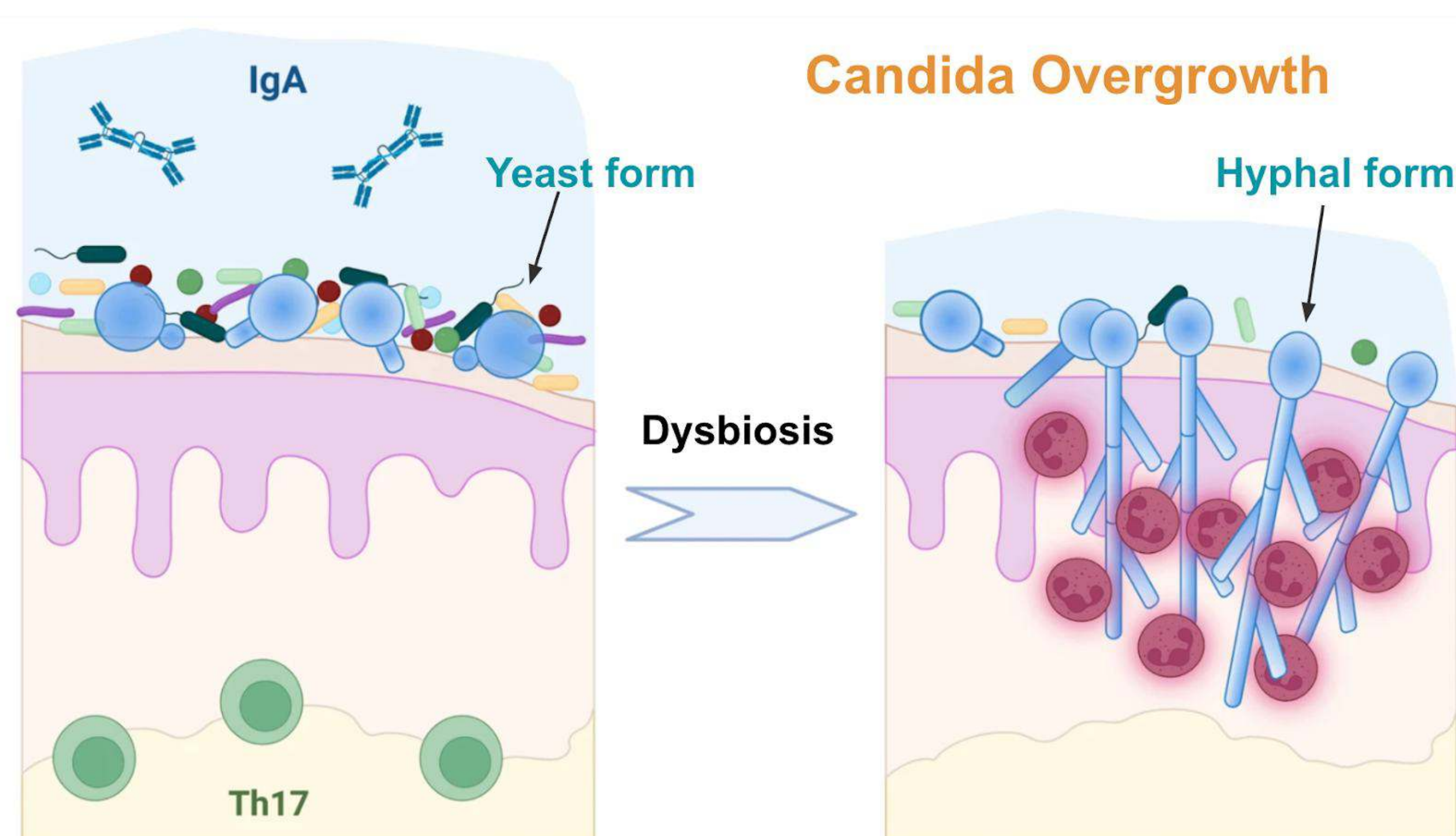
What is *Candida*?

→ **Candida** is a type of fungus normally present in the mouth, gut, and skin of healthy individuals.^{1, 2} A balanced microbiome & healthy immune system prevent *Candida* from becoming problematic. However, *Candida* can also function as an opportunistic organism, meaning it can overgrow and become problematic under certain conditions. In such conditions, *Candida* begins to grow arm-like structures called hyphae, enabling it to penetrate tissues, activate the immune system, and trigger inflammation.

What factors can cause *Candida* to become opportunistic and overgrow?^{3, 4, 5, 6}

- Antibiotics
- Alcohol
- Processed food
- Chronic stress
- Acid-lowering medication
- Birth control
- Steroid medication use

Inflammation triggered by *Candida* can result in a wide range of symptoms in both the gut and throughout the rest of the body.



Common symptoms of *Candida* include:^{7, 8, 9, 10}

- Abdominal pain
- Gas, bloating
- Nausea
- Indigestion
- Diarrhea, constipation
- Anxiety, depression
- Fatigue
- Brain fog
- Oral thrush
- Vaginal yeast infections
- Carbohydrate cravings (including for alcohol)

Thankfully, we have research and clinical experience demonstrating a *Candida* diet can significantly improve or resolve symptoms associated with *Candida*.¹¹



What is the *Candida Diet*?

CARBOHYDRATE QUALITY

→ **The Candida diet** primarily emphasizes the consumption of whole foods such as meats, fruits, and vegetables, and the elimination of processed carbohydrates. The candida diet doesn't necessarily have to be low carbohydrate, but we do recommend eating as low carbohydrate as you comfortably can. Eating lower carbohydrate does help manage Candida, however being overly restrictive with carbs can be problematic for some. This can manifest as fatigue, insomnia, cramping, and headaches.

These side effects can be prevented by consuming adequate electrolytes and fat, as we will detail below—this is very important. This is because some people feel 'they don't tolerate low carb' however when consuming a higher intake of fat and electrolytes do well, even thrive on the diet. The best results for candida occur when combining the diet along with some type of antimicrobial therapy, as has been demonstrated in one clinical trial.¹²

WHAT TO EXPECT

We have broken up the handout into 3 categories:

FOODS THAT ARE **SAFE** | FOODS TO EAT IN **MODERATION** | FOODS TO **AVOID**

→ **For the first three weeks**, we recommend following the diet more diligently, focusing mainly on foods in the safe category and eating as low carb as you comfortably can. If this diet is right for you, you should see symptoms improve within 1-3 weeks.

→ **If your symptoms improve**, you can start incorporating more foods from the moderation section to further expand your diet. Be sure to listen to your body throughout this process.

→ **Remember**, you don't need to be perfect with this diet! Achieving 100% compliance is challenging, can be stressful, and usually isn't necessary to feel better. About 80% compliance is typically sufficient and allows for some flexibility.

Candida Diet

FOOD LIST

FOOD GROUPS	SAFE	MODERATION	AVOID
Vegetables & Legumes	Non-starchy: Broccoli, Brussels sprouts, Asparagus, Cucumbers, Kale, Spinach, Cabbage, Carrots	Starchy: Cooked whole potatoes, Sweet potatoes, Whole corn, Beets, Squash Legumes: Green Beans, Green Peas, Lentils, Edamame, Peanuts, Chickpeas, Beans	Processed: Potatoes (chips, fried), Corn products (chips, tortillas, flour)
Fruits	Avocado	Cranberries, Raspberries, Blackberries, Strawberries, Blueberries, Grapefruit, Watermelon, Apples, Pears, Peaches, Oranges, Cantaloupe	Fruit juice, Dried fruit, Pineapple, Bananas, Grapes, Mangos
Fermented Foods	⊗	Kimchi, Sauerkraut, Kefir (unsweetened)	Kombucha
Whole Grains & Starches	⊗	Whole grains: Brown rice (short or sprouted grain), Quinoa, Rolled oats (not instant) Breads: Sprouted whole grain (Ezekiel), Base Culture, Simple Kneads	Refined: White bread, White rice, Sweet cereals, Baked goods Flours: All-purpose, Wheat, Tapioca, Corn, Cassava, Arrowroot, Maltodextrin



FOOD GROUPS	SAFE	MODERATION	AVOID
Protein	Eggs, Chicken, Turkey, Beef, Lamb, Pork Fatty Fish: Salmon, Anchovies, Mackerel, Sardines, Tuna Protein Powders: Whey, Pea, Collagen, Hemp		Processed: Bacon, Sausage, Hotdogs, Bologna, Beef jerky, Deli meats
Dairy & Alternatives	Unsweetened yogurt, Ghee, Butter	Yellow cheese (gouda, mozzarella, provolone, cheddar)	Cow's milk, Goat's milk, Moldy cheese (Bree, Blue) Sweetened yogurt, Sweetened non-dairy milk
Nuts & Seeds	Almonds, Chia seeds, Flax seeds, Pecans, Pumpkin Seeds, Sunflower seeds, Sesame seeds	Cashews, Peanuts, Pistachios, Walnuts, Brazil nuts	
Beverages	Caffeine (Coffee or Tea), Herbal tea, Broth		Soda, Fruit juice, Energy drinks, Sweetened drinks, Alcohol
Fats & Oils	Anti-Candida: Olive oil, Safflower oil, Sesame oil, MCT, Coconut		
Herb & Spices	All are allowed Anti-Candida: Oregano, Ginger, Cinnamon, Turmeric, Black pepper, Cumin, Bay leaf		



FOOD GROUPS	SAFE	MODERATION	AVOID
Condiments →	⊗	Vinegar, Mayonnaise, Condiments without added sugar, Coconut Aminos	Condiments with added sugar (barbeque sauce, ketchup, etc)
Sweeteners →	Stevia, Monk fruit, Erythritol	⊗	Added sugar, molasses, maple syrup, honey, date syrup, high-fructose corn syrup, maltose, cane sugar

Transitioning to Lower-Carb

→ **Eating a lower-carb diet** can lead to temporary symptoms such as fatigue, muscle cramping, headaches, constipation, and insomnia. These occur because as you eat lower carb, your body naturally loses more fluid and electrolytes, causing symptoms of dehydration.

There are some simple steps to reduce or prevent these symptoms altogether. The key is to ensure adequate water and electrolyte intake, in particular magnesium, potassium, and sodium.

[LMNT Electrolyte](#) ↗:

1-2 packs per day is best for most

[Magnesium Citrate](#) ↗:

1-4 capsules (or 1-2 tsp powder), 1-2x daily, best with food

IMPORTANT:

Slowly increase your dose, if your stools become loose you are taking too much and should decrease your dose.

If insomnia is an issue on a low-carb diet, here are some additional supports that can help:

[Melatonin](#) ↗:

1-3 mg at night. Can increase up to 5-10 mg if needed

[Sleep Select](#) ↗:

2 capsules taken 30 minutes before bed

→ **When cutting back on carbs**, it's important to remember that the body needs time to switch from using carbs to fat as its main energy source. This adjustment period can take anywhere from a few days to several weeks. To support this transition, make sure you're consuming enough fat, whether through food or supplements. Not eating sufficient fat can lead to increased hunger and fatigue.

INCORPORATE ADEQUATE HEALTHY FATS:

Your primary source of calories will come from fats. Candida-friendly higher fat foods include fattier cuts of meats, fish, avocados, butter, ghee, olive or coconut oil, eggs, and safe nuts and seeds.

[MCT Oil Powder](#):

1-2 scoops daily. Caution if you are experiencing diarrhea

Controversial Foods

NUTS AND SEEDS

Some suggest completely avoiding nuts and seeds due to the presence of mold, but there are no studies indicating this increases Candida. To err on the side of caution, we recommend focusing on low-mold nuts and seeds, while personalizing your intake of higher-mold varieties.

CAFFEINE

Most Candida diets recommend avoiding caffeine, claiming it raises blood sugar and fuels Candida growth. However, no studies have shown that caffeine worsens Candida. In fact, some cell studies suggest that caffeine might inhibit Candida growth.^{13, 14} Our interpretation and experience suggest caffeine is okay to consume.

YEAST-CONTAINING FOODS (FERMENTED FOOD, VINEGARS)

Some suggest avoiding foods that contain yeast, as they may trigger an immune response in individuals dealing with Candida. While there haven't been any studies directly assessing this theory, some people do report anecdotally that their symptoms worsen from consuming yeast-containing foods. Our interpretation is it's okay to experiment with yeast-containing foods.



Candida-Fighting Supplements

→ **The supplements listed** below can help combat Candida.^{15, 16, 17, 18, 19} Using probiotics with the Candida diet may promote a healthier gut microbiome and improve symptoms. If symptoms persist, consider adding antimicrobials.

Other supportive candida-fighting supplements include Biota-boost and MCT Oil Powder.

Biota-boost is a prebiotic supplement that helps encourage the growth of healthy bacteria. When used in moderate doses, it tends not to flare digestion symptoms.

MCT Oil Powder can be added to your diet as a healthy fat, and has been shown in 1 clinical trial to reduce candida.²⁰

Do not make any changes or use any supplements until you speak with your doctor.

PROBIOTICS

[Lacto/bifido blend](#) ↗:

2 capsules per day,
with or without food

[Saccharomyces boulardii](#) ↗:

2 capsules per day,
with or without food

[Soil-based](#) ↗:

2 capsules per day,
with or without food

NUTRITIONAL SUPPORTS

[MCT Oil Powder](#) ↗:

1-2 scoops per day

[Biota-boost](#) ↗:

2-3 capsules 1-2x per day

HERBAL ANTIMICROBIALS

[Biota clear 1a](#) ↗:

4 capsules twice per day, best with food

[Biota-Clear 2a](#) ↗:

3 capsules, twice per day, best with food



Elemental Diet

→ **The elemental diet** is a meal replacement shake specially formulated to provide all necessary nutrients in an easily digestible form, which allows your digestive system to rest and heal.

The elemental diet includes maltodextrin, a carbohydrate usually avoided in candida diets. However, maltodextrin in an elemental diet is quickly absorbed in the upper small intestine, preventing it from feeding candida in the gut.

Recent studies have shown that a short-term elemental diet can significantly reduce candida levels in the stool.^{21, 22}

Always consult your healthcare provider before starting an elemental diet to ensure it is appropriate for your individual health needs as it may not be a good fit for all individuals with fungal overgrowth.