

# The Candida Diet

## *Foods You Can Eat*

### Vegetables

Asparagus	Cabbage	Legumes	Leeks
Brussel Sprouts	Rhubarb	Peas	Fennel
Collard Greens	Kale	Zucchini	Beet greens
Garlic	Parsley	Ong choy	Broccoli
Onions	Turnip Green	Taro/ Poi	Celery
Squash	Parsnip	Bok choy	Endive
Ginger	Arugala	Cauliflower	Okra
Watercress	Sea Weed	Dandelion	Spinach
Lettuce	Beets	Greens	Sprouts
Artichokes	Carrots	Mustard greens	Water chestnut
Beans	Cucumber	Radish	Swiss chard

### Cereals and Whole Grains

Quinoa	Buckwheat	Amaranth	Brown Rice
Millet	Barley	Spelt	Oats

### High Proteins

Turkey	Beans or	Lamb
Fish	Legumes	

### Nuts and Seeds

Almonds	Pine nuts	Pecans	Walnuts
Sunflower seeds	Filberts	Flax	
Brazil nuts	Sesame	Pumpkin	

### Fruit

Avocado	Papaya
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### Oils

Olive	Sesame	Walnut
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### Snacks and Other

Lemon juice	Almond Butter	Brown rice cakes/ crackers
Lime juice	Apple cider vinegar	