

# CANXIDA: THE FOOD REINTRODUCTION PHASE

Know about the list of foods you can reintroduce after following a candida diet

## Non-Starchy Vegetables



- Leafy greens
- Cruciferous vegetables
- Bell peppers
- Cucumber
- Zucchini
- Asparagus
- Green beans

## Legumes



- Chickpeas
- Lentils
- Black beans
- Kidney beans

## Sweeteners



- Stevia (in moderation)
- Xylitol (in moderation)
- Raw honey (in moderation)

## Low-Sugar Fruits



- Strawberries
- Blueberries
- Raspberries
- Green apples
- Pears
- Kiwi
- Papaya
- Cherries

## Lean Proteins



- Chicken (organic, skinless)
- Turkey (organic, skinless)
- Fish (wild-caught)
- Tofu (in moderation)
- Eggs (if tolerated)

## Fermented Foods



- Kimchi
- Sauerkraut
- Kefir (dairy-free, if needed)
- Unsweetened yogurt (dairy-free, if needed)

## Whole Grains



- Quinoa
- Brown rice
- Oats
- Buckwheat
- Millet

## Healthy Fats



- Avocado
- Extra Virgin Olive oil
- Coconut oil
- Flaxseeds
- Chia seeds
- Nuts and seeds (in moderation)

## HERBS & SPICES



- Basil
- Oregano
- Thyme
- Cilantro
- Turmeric
- Ginger
- Cinnamon

## TIPS TO FOLLOW WHILE REINTRODUCING FOODS IN YOUR DIET



- **Go Slow:** Gradually reintroduce one food group at a time.
- **Start Small:** Begin with small portions to gauge your tolerance.
- **Monitor Symptoms:** Keep a food diary for tracking reactions.
- **Patience Is Key:** Give a few days before adding more foods.
- **Listen to Your Body:** Trust your body's signals and adjust.
- **Stay Hydrated:** Drink plenty of water during reintroduction.
- **Opt for Whole Foods:** Choose unprocessed, nutrient-rich options.
- **Avoid Sugars:** Minimize added sugars and refined carbohydrates.
- **Probiotics Help:** Include probiotic-rich foods for gut health.
- **Professional Guidance:** Consult a healthcare expert for personalized advice.

**Disclaimer:** This content is not intended to be a substitute for professional medical advice, diagnosis, or, treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.