

# The Low-Allergy Candida Crusher Diet

The Low-Allergy Candida Crusher Diet sheet does not take into account the fact you may be a celiac, or be sensitive to dietary salicylates, amines, colors, flavorings or preservatives. You will need to bear this in mind, and need to further consult with your practitioner on these matters. You may also have food intolerances, which also may need to be addressed. These can come about due to poor digestive enzyme levels, etc.

## FOOD GROUPS

### FOODS WHICH ARE OK

Foods which don't generally cause immune reactions

### FOODS SUSPECT / NOT OK

Foods which may cause immune reactions

Meat, Fish, Chicken, Legumes, Eggs

Chicken, turkey and venison. All Legumes dries peas, lentils. You Should be OK with most fish, unless you know you have fish allergies.

Red Meats, Lamb, Pork, Cold Cuts, Sausages, Corned Beef or Canned Meats, Eggs (White & yolk) or Egg substitutes. Soy products, Processed meats in general. Fish and Shellfish

Dairy Products

Milk Substitutes (caution with soy) Almond or nut milks, Rice milk, oat milk. Stop all ice cream, including "soy" ice cream.

Milk, Cheese, Cottage Cheese, Yoghurt, Ice Cream, Cream, Non-Dairy Cream.

Starch

Sweet Potato, Arrowroot, Tapioca, Rice, Buckwheat, Millet, Amaranth, Quinoa, All Gluten-Free products.

All Gluten-containing products, including Pasta, All Corn & Corn Containing Products.

Breads and Cereals

Any Flat (yeast-free) bread made from Rice, Quinoa, Amaranth, Buckwheat, Millet Potato Flour, Tapioca, Arrowroot. All must be (certified) 100% Gluten-free based products.

Any bread containing sugars & yeast) made from Wheat, Oats, Kamut, Spelt, Rye, Barley, and even baby 'Gluten-Free' containing grained breads.

Vegetables

All Vegetables, preferably organic, freshly grown, (pref. not frozen). Garlic, onions, etc.

Creamed or made with prohibited ingredients.

Fruits

Blueberries, coconut and avocado are the three best fruits when you have a yeast infection. Green apples are generally OK.

Fruit drinks, Cocktails, Oranges, Banana, Pineapple, strawberries, all dried fruits preserved with sulphites. (Like the glazed apricots). Avoid all dried fruits.

Soup

Clear, vegetable-based broth, Homemade vegetarian. It is best to avoid packet or tinned soups, make your own from scratch using fresh vegetables & meats.

**Canned or Creamed soups.** Avoid soups with glutinous flours & grains.

Drinks

Stay with Filtered or pure water and unsweetened herbal teas. Pau d'arco tea, works well. Lemon juice in water, grapefruit juice to which you add 5 drops of grapefruit seed extract per 250 mls.

**Milk or milk-based drinks, dairy** based products, avoid alcoholic drinks, soda and energy drinks, diet drinks and most citrus drinks, **Orange Juice.**

Sweeteners and Treats

Brown rice syrup, fruit sweeteners. Xylitol or Stevia are acceptable, in very small amounts.

**White or Brown sugar, caster, icing. Demerara, soft brown and all types of sugar, honey, molasses, maple & corn syrup, fructose, glucose, malt dextrose. Chocolate. Avoid candies & sweets as well**

Nuts and Seeds

Almond, brazil and hazelnuts, walnuts, pecans, pumpkin, sesame, sunflower, squash seeds, nut/seed butters made with allowed ingredients, watch those sugars.

**Peanuts**, pistachios, cashew nuts, **peanut butter**, hazelnut spread (sugar).

Oils and Fats

Cold pressed oils, preferably in dark amber bottles, best oils are linseed, olive, sesame, sunflower, walnut, pumpkin and grape seeds oils. Oregano oil. Coconut.

Margarines, shortening/lard, butter, vegetable oil blends, salad dressings, spreads (sugars), deep-fried foods.

## 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.

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