MONT BELVIEU FAMILY WELLNESS

Candida Diet: Food Guide

A flexible shopping reference for a lower-added-sugar, whole-food eating pattern. There is no single medically validated Candida diet or universal approved-food list.

Build meals around vegetables

Try leafy greens, broccoli, cabbage, zucchini, cauliflower, asparagus, cucumber, artichokes and peppers. Choose a variety rather than relying on a short list. Starchy vegetables can also fit an individualized plan.

Include protein and satisfying fats

Choose eggs, fish, chicken, turkey, beans or lentils according to your needs and tolerance. Olive oil, avocado, nuts and seeds add variety. Organic-only foods, special egg rotations and expensive specialty products are not required.

Keep carbohydrate choices personal

Whole fruit, oats, quinoa, brown rice, beans and potatoes can contribute fiber and nutrients. A restrictive version may temporarily limit some of these foods, but removing them has not been shown to cure a yeast infection. Discuss portions and suitable replacements with your care team.

Choose drinks and dairy thoughtfully

Water and unsweetened beverages are everyday options. Plain yogurt, kefir or unsweetened fortified alternatives may fit if tolerated. There is no need to remove all dairy, fermented foods, mushrooms or culinary yeast solely because of a suspected Candida problem.

Reduce added sugar without labeling foods as harmful

Limit frequent sugary drinks, candy, sweetened cereals and desserts. Compare ingredient lists and the Added Sugars line on labels. Natural sugar in whole fruit or plain milk is not the same as added sugar.

A practical meal and safe storage

Example: baked salmon or lentils, mixed vegetables, olive oil and a portion of whole grain or potato suited to your needs. Refrigerate perishable food within two hours; use refrigerated leftovers within three to four days or freeze sooner. Discard spoiled food.

Independently written by Mont Belvieu Family Wellness. General education from our chiropractic team, not a diagnosis, prescription or substitute for medical care. A Candida diet is not an established treatment for candidiasis. Consult your healthcare team before major restrictions, especially with diabetes, medication use, pregnancy, breastfeeding, a history of disordered eating, or when planning meals for a child.