

Candida Diet Shopping List

[Your Grocery List]

- Almonds
- Avocado and Avocado Oil (healthy fats in general)
- Basil
- Bone Broth
- Chia Seeds
- Cilantro
- Cinnamon
- Cloves
- Coconut aminos
- Coconuts and Coconut Oil
- Eggs
- Flaxseeds
- Garlic
- Ginger
- Ghee butter
- Grapefruit
- Hempseeds
- Lemon juice
- Low-sugar fruits (tomatoes and certain berries like strawberries, raspberries, and blueberries - in limited quantities)
- Olives and Olive Oil
- Oregano
- Organic meat
- Parsley
- Turmeric
- Alfalfa sprouts
- Arugula
- Artichoke
- Asparagus
- Beans (green, Italian, yellow or wax)

- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Chayote (it's a squash)
- Chicory
- Collard greens (leafy greens in general)
- Cucumber
- Dandelion greens
- Green onions
- Kale
- Leeks
- Lettuce (endive, escarole, romaine or iceberg)
- Mustard greens
- Okra
- Onions
- Peppers
- Radicchio
- Radishes
- Scallions
- Spinach
- Swiss chard
- Turnip greens
- Turnips
- Water chestnuts
- Watercress
- Zucchini
- Unsweetened non-dairy milk (choose varieties with just the nut + water i.e. Elmhurst 1925 has great options)
- Walnuts
- Wild salmon (wild-caught fish in general)

Foods to avoid on an anti-Candida Diet

- high-sugar fruits (this would be most fruit, especially in the beginning; namely, mangoes, watermelon, grapes, cherries, pears, bananas, avocados, dates, raisins)
- gluten (this includes white flour and actually all [124 Wheat and Gluten Sources and Alternate Names](#)) and grains (as long as they are gluten, dairy, yeast, and sugar-free)
- deli meats and farm-raised fish
- refined oils and fats
- condiments like balsamic vinegar and white wine vinegar + Worcestershire sauce and soy sauce
- certain dairy products like kefir, yogurt, buttermilk, sour cream
- sugar and artificial sweeteners ([192 Sugar Sources and Alternate Names](#))
- nuts and seeds that are higher in mold (including peanuts and peanut butter, cashew, pecan, pistachio)
- caffeine
- gravy
- yeast, in general
- starchy vegetables like potatoes including sweet potatoes and yams, parsnips and arrowroot
- mushrooms
- alcohol (which, by the way is on almost every "NO" list for healing the gut)
- sugary beverages
- nitrates
- tempeh and tofu (fermented soybeans)
- tuna
- hot dogs
- sulfites
- heavily-processed foods (ice cream, candies, packaged goods)
- corn