



THE  
**Ultimate  
Candida  
Cleanse**

# **Candida Diet Food List**

## **& Shopping Guide**

**Your Essential Guide to  
Candida-Safe Eating**

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**Candida.com**



# Candida Diet Food List and Shopping Guide



## Introduction

### How Can Our Guide Helps You?

Welcome to the Candida Diet Food List & Free Shopping Guide! If you're dealing with Candida overgrowth, SIBO, IBS, or IBD, this guide simplifies food choices—helping you select gut-friendly options while avoiding harmful ones. You'll find practical tips to shop, plan, and prepare meals that support digestion and reduce symptoms, making healthy eating easier.

### Why Your Diet Matters

- The foods you eat can either help or worsen Candida overgrowth.
- Shopping smart means avoiding processed, sugary, and inflammatory foods.
- Cooking at home gives you full control over ingredients, ensuring balanced, nutritious meals.
- Organic options help reduce exposure to pesticides and toxins, supporting a healthier gut.

### What You'll Find in This Guide

- YES & NO Food Lists – A clear breakdown of what to eat and avoid.
- Candida-Friendly Shopping List – Categorised for easy shopping.
- Simple Meal Ideas & Substitutions – Healthy swaps and meal inspiration.
- Tips for Success – Key strategies for staying on track.

### How to Use This Guide

- **Plan Your Shopping** – Stick to the outer aisles of the store where fresh, whole foods are found.
- **Download the Shopping List** – Keep it handy to make grocery trips easy.
- **Prioritise Whole Foods** – Focus on nutrient-dense choices to support gut health.
- **Click on any Links** - For more detailed information on [www.candida.com](http://www.candida.com)

With our comprehensive guide, you'll have a practical resource to help you make better food choices and support your Candida recovery journey.

Let's get started!

# Candida Diet Yes and No Food Lists

The following pages are your **healthy shopping guide** to your **best healthy food choices**. Use these pages for your reference for the healthiest food choices when you go out shopping.

Best food choices are listed in **green**. Cautious initially with vegetables listed in **orange**. Avoid foods in the **red** columns.  
*Please note, there are no strictly "Yes" or "No" food choices - it's about your own personal gut tolerance.*



## Protein

More Info: [Protein](#)



- Poultry and Eggs free-range organic-fed
- Wild or grass-fed meats (beef, rabbit, lamb, goat, venison, etc.)
- Fresh Fish (anchovies, salmon, halibut, trout, mackerel, sardines)
- Beans and Legumes (as tolerated)
- Tofu and Tempeh (soy products)

## Protein To Avoid

- Commercially-Raised Poultry & Eggs
- Red Meat (non-grass fed)
- Pork and fatty meats
- Processed, Canned and Smoked Meats
- Farmed Fish
- High Mercury - Swordfish, shark, shellfish



## Vegetables

More Info [Vegetables](#)



- |                    |               |               |             |             |                |
|--------------------|---------------|---------------|-------------|-------------|----------------|
| • Alfalfa sprouts  | • Broccoli    | • Collards    | • Kale      | • Parsnip   | • Spinach      |
| • Artichoke        | • Cabbage     | • Cucumber    | • Kohlrabi  | • Potato    | • Sprouts      |
| • Asian Greens     | • Capsicum    | • Eggplant    | • Leeks     | • Pumpkin   | • Squash       |
| • Asparagus        | • Cauliflower | • Endive      | • Lettuce   | • Radish    | • Sweet Potato |
| • Bean Sprouts     | • Carrots     | • Fennel      | • Mushrooms | • Rocket    | • Tomato       |
| • Brussels Sprouts | • Celery      | • Garlic      | • Okra      | • Seaweed   | • Watercress   |
| • Bok Choy         | • Chard       | • Green Beans | • Onion     | • Snow Peas | • Zucchini     |



## Fruits

For More Info: [Fruits](#)



- Avocado
- Blueberries
- Cranberries
- Green Apples (sour/tart)
- Kiwifruit
- Lemons
- Limes
- Papaya
- Raspberries
- Strawberries

## Maybe Fruits

- Cantaloupe (rockmelon)
- Bananas (partially- ripe)
- Pears
- Persimmons
- Pineapple
- Plantain Bananas
- Pomegranates

## Fruits To Avoid

- Bananas (ripe)
- Dried Fruit (all kinds)
- Figs
- Grapes
- Oranges, Mandarins, Tangerines
- Stone Fruits (all kinds)
- Lychees
- Mangos
- Watermelons (most melons)

## Nuts & Seeds

More Info: [Nuts and Seeds](#)



- |               |                        |
|---------------|------------------------|
| • Almonds     | • Chia Seeds           |
| • Brazil Nuts | • Flaxseeds (Linseeds) |
| • Cashew Nuts | • Poppy Seeds          |
| • Hazelnuts   | • Pumpkin Seeds        |
| • Macadamias  | • Psyllium Seeds       |
| • Pecans      | • Quinoa Seeds         |
| • Pistachios  | • Sesame Seeds         |
| • Walnuts     | • Sunflower Seeds      |

## Nuts To Avoid

- Peanuts
- Roasted Nuts
- Salted Nuts
- Sugar-Coated Nuts
- Old or Stale Nuts



# Candida Diet Yes and No Food Lists

The following is a shopping guide to your best healthy food choices. Read the page below for your healthiest food choices when you go out shopping. Consume more foods in the green column, and reduce or avoid foods in the red column.

Best food choices are listed in **green**. Cautious advised initially with vegetables listed in **orange**. Avoid foods listed in the **red** columns. Please note, there are no strictly "Yes" or "No" food choices - it's about your own personal gut tolerance.

## Dairy Foods

More Info: [Dairy Foods](#)



- Feta Cheese (Goat, Cow)
- Kefir, Quark
- Greek Natural Yogurt
- Aged Cheese (cheddar, aged Gouda, Parmesan, gruyere, blue cheese, Swiss cheese)



## Fermented Foods

More Info: [Fermented Foods](#)



- [Yogurt](#) (natural, no sugar)
- [Sauerkraut](#)
- [Kimchi](#)
- [Sourdough Bread](#)
- [Kefir](#)
- [Miso](#)

## Grains

More Info: [Grains](#)



- Buckwheat
- Corn
- Millet
- Oats (rolled, steel cut, groats)
- Quinoa (red, white, black)
- Rice (basmati, brown, wild rice)

## Sweetener

More Info: [Sweeteners](#)



- Raw Honey (Manuka is best)
- Monk Fruit (Luo Han Guo)
- Stevia
- Xylitol

## Drinks

More Info: [Drinks](#)



- Kefir
- Bone Broth
- Vegetable Broth
- Filtered Water
- Herbal tea
- Coconut Water (no-sugar)
- Ginger Tea
- Peppermint Tea
- Lime Juice
- Tomato Juice
- Green Smoothies
- Vegetable Juices

## Dairy Foods To Avoid

- Flavoured Milk
- Ice Cream
- Processed Cheese

## Grains To Avoid

- Wheat, barley, rye (source of gluten)
- Packaged and gluten-containing cereal flours, baked goods (including wheat, spelt, rye, barley, kamut, triticale, malt)

## Sweetener To Avoid

- Refined Sugar (white, brown, coconut sugar, etc.)
- Commercially-Processed Honey (heated)
- High-Fructose Corn Syrup (HFCS)
- Agave Syrup and Maple Syrup
- Artificial Sweeteners (Aspartame, Sucralose, Saccharin, Acesulfame K)
- Maltodextrin

## Drinks To Avoid

- Cow's Milk and Milk Drinks
- Alcohol drinks - Beer, Wine, and Spirits
- Caffeinated drinks (Reduce coffee)
- Energy Drinks (Sodas)
- Sugar-Sweetened Drinks (Sodas)
- Fruit Juices



## Easy CANDIDA DIET SWAPS and Meal Inspiration

Here are just a few simple ways to swap low-nutrient foods for more nutritious alternatives.

- Instead of **bread** - Use lettuce wraps, coconut wraps, flaxseed wraps, or almond flour tortillas
- Instead of **butter** - Swap for coconut oil, ghee, or avocado oil
- Instead of **cereal** - Eat chia pudding, flaxseed porridge, coconut yogurt with nuts, or soaked oats
- Instead of **cow's milk** - Try unsweetened almond, coconut, hemp, or macadamia milk
- Instead of **croutons** - Add roasted chickpeas, hemp seeds, pumpkin seeds, or sunflower seeds to salads
- Instead of **energy bars** - Try homemade nut & seed bars with coconut, cinnamon, and cacao nibs
- Instead of **ice cream** - Make banana or coconut milk "nice cream" blended with cinnamon or vanilla
- Instead of **ketchup** - Use homemade tomato puree with apple cider vinegar, garlic, and herbs
- Instead of **pasta** - Try zucchini noodles (zoodles), spaghetti squash, or shirataki noodles
- Instead of **processed salad dressings** - Try olive oil, lemon juice, Dijon mustard, apple cider vinegar, salt, and pepper
- Instead of **soda drinks** - Try herbal tea, sparkling water with lemon, or infused pure water
- Instead of **soy sauce** - Choose coconut aminos or tamari
- Instead of **sugary desserts** - Have dark chocolate (85%+), coconut mousse, cinnamon-spiced nuts, or cacao pudding
- Instead of **sugary snacks** - Try raw almonds, walnuts, pecans, or coconut chips
- Instead of **white potatoes** - Try sweet potatoes, mashed cauliflower, turnips, or parsnips
- Instead of **white rice** - Try brown basmati rice, wild rice, red rice, black rice, or cauliflower rice
- Instead of **wheat flour** - Try almond, coconut, flaxseed, or cassava flour

## SAMPLE Menu Ideas

### Breakfast:

- Spinach and Mushroom Omelette: Sauté spinach and mushrooms in coconut oil, then fold into beaten eggs and cook until set. Serve with a side of sliced avocado.
- Chia Seed Pudding: Combine chia seeds with unsweetened almond milk and a dash of cinnamon. Refrigerate overnight and top with a few fresh berries before serving. Other ideas include a muesli or oat porridge dish for breakfast with berries.

### Lunch:

- Grilled Chicken Salad: Top a bed of mixed greens with grilled chicken slices, cherry tomatoes, cucumber, and a handful of sunflower seeds. Dress with olive oil and apple cider vinegar. Fish or tofu is also good for lunch
- Zucchini Noodle Stir-Fry: Sauté zucchini noodles with bell peppers, onions, and garlic in coconut oil. Add grilled shrimp or tofu for protein.

### Dinner:

- Baked Salmon with Roasted Vegetables: Season salmon with herbs and bake until flaky. Serve alongside roasted Brussels sprouts and cauliflower.
- Stuffed Bell Peppers: Fill bell peppers with a mixture of quinoa, ground turkey, diced tomatoes, and spices. Bake until the peppers are tender. Ensure you consume plenty of vegetables daily.

### Snacks:

- Coconut Yogurt Parfait: Layer unsweetened coconut yogurt with chopped nuts and a sprinkle of cinnamon.
- Veggie Sticks with Hummus: Dip sliced carrots, celery, and cucumber into homemade hummus made from chickpeas, tahini, lemon juice, and garlic.

By incorporating these substitutions and meal ideas into your routine, you can enjoy a diverse and satisfying diet that aligns with Candida-friendly principles.

## Avoid These When Shopping

- **Alcohol**
- **Caffeine** – coffee, most teas (except green), and energy drinks
- **Deep-fried foods and snacks**
- **Diet sodas** & drinks with artificial sweeteners
- **Fast food & sugary sodas.** (See [Junk Food](#))
- **Unhealthy fats & oils** (See [Fats and Oils](#))
- **Processed foods.** (See [Ultra-Processed Foods](#))
- **Red & processed meats** – Beef, pork, lamb, bacon, ham, hot dogs, pepperoni, and sausages. (See: [Moderate Meat](#))



## SUPERFOODS

The foods listed below will give your health an extra boost - try to include some in your diet every day

- **Vegetables & Greens**
- Bitter Greens – Chicory, endive, rocket (arugula), radicchio
- Brassicas – Bok choy, broccoli, Brussels sprouts, cauliflower, mustard greens, cabbage (red & white)
- Allium Vegetables – Garlic, onions, leeks, scallions, shallots
- Other Vegetables – Asparagus, globe artichoke, carrots, celery, radish, daikon
- **Super Greens & Seaweeds**
- Super Greens – Barley grass, chlorella, spirulina, wheatgrass
- Seaweeds – Arame, dulse, kelp, kombu, nori, wakame
- **Nutrient-Dense Fruits**
- Avocado, citrus, berries, guava, kiwi, pomegranate
- **Herbs & Teas**
- Fresh Herbs – Coriander, ginger, parsley, thyme, oregano
- Herbal Teas – Burdock, calendula, chamomile, dandelion, fennel, ginger, licorice, peppermint, rosehip, rooibos
- **Healthy Fats & Extras**
- Olives – Especially kalamata for their polyphenols



## Healthy SHOPPING LIST

- **Canned seafood** – Salmon, tuna, sardines, anchovies, mackerel
- **Cold-pressed** - extra virgin olive oil, sesame oil
- **Corn and rice thins** – For snacks and light lunches
- **Fresh seafood** – Fish, prawns, calamari
- **Free-range eggs** - and free-range chicken
- **Fruit** – Apples, avocado, berries, grapes, lemons, oranges, plums
- **Garlic and fresh ginger** – Use in cooking or salad dressings.
- **Puffed seeds** - Puffed millet, quinoa, or popped corn snacks
- **Raw nuts** – Almonds, Brazil nuts, cashews, pine nuts, walnuts
- **Raw Seeds** - Sunflower seeds, pumpkin seeds, sesame seeds
- **Rice** - Brown rice, wild rice, red rice
- **Vegetables** – Carrots, celery, lettuce, onions, potatoes, tomatoes
- **Sourdough bread** – Multigrain or wholemeal.
- **Vinegar** - balsamic or apple-cider vinegar – for salad dressings

## PANTRY ITEM Essentials

- **Beans and Legumes** - Beans, lentils, and chickpeas
- **Canned fish** – Salmon, sardines, mackerel, tuna
- **Cold-Pressed Oils** – Extra virgin olive, coconut, flaxseed, ghee, sesame, macadamia, walnut
- **Dried seaweeds** – Arame, dulse, kombu, nori, wakame
- **Herbs and spices** – turmeric, cumin, caraway, fennel seeds
- **LSA** (ground linseed, sunflower seed, and almond)
- **Nut butters and Tahini** - Almond, cashew, hazel nut, hazelnut, macadamia
- **Onions** - brown onions, red onions, shallots, and garlic
- Potatoes
- **Raw nuts and seeds** – Almonds, walnuts, Brazil nuts, cashews, hazelnuts, pine nuts, sunflower & pumpkin seeds, quinoa
- **Spices** - Caraway, cumin, cinnamon, cloves, nutmeg, turmeric, garam masala
- **Soy sauce** – Tamari or soy sauce
- **Super greens** – Wheatgrass and barley grass
- **Teas** – Chamomile, dandelion, Green tea, licorice, peppermint, ginger, rooibos
- **Vinegars** - Apple cider vinegar, balsamic vinegar
- **Whole grains** - and brown rice

## REFRIGERATOR Basic Foods

- **Berries** – Blueberries, strawberries, raspberries, blackberries
- **Bitter greens** – Chicory, endive, radicchio, arugula
- **Cheese** – Ricotta, feta, and cottage cheese (sheep, goat, cow), aged mature cheese
- **Cruciferous vegetables** – Broccoli, broccolini, Brussels sprouts, cauliflower, red and green cabbage
- **Dark leafy greens** – Bok choy, choy sum, gai lan, mustard greens, pak choy, silverbeet, spinach, watercress
- **Dips** - Hummus or pesto dips
- **Eggs** – Free-range
- **Fresh fish** – Salmon, sardines, mackerel, tuna, white fish
- **Fruits** – Apple, avocado, lime, lemon, mandarin, orange, papaya, pear, pineapple, watermelon
- **Herbs** - Parsley and cilantro
- **Lean protein** – Free-range chicken (organic), tofu, tempeh
- Mustard - Dijon and seeded mustards
- **Olives** - Black, green, and purple olives - esp. kalamata
- **Root vegetables and legumes** – Beets, carrots, celery, fennel, globe artichokes, asparagus, sugar snap peas, snow peas
- **Sprouted beans** – Alfalfa, mung bean sprouts, sunflower sprouts, snow pea sprouts
- **Vegetables** – Capsicum, corn, eggplant, pumpkin, red radish, sweet potato, daikon radish, tomatoes, Leeks, scallions, spring onions,
- **Yogurt** - Plain (unsweetened) acidophilus yogurt



# The Healthiest Foods

1

## Always Prioritise Whole, Nutrient-Dense Foods

Choosing fiber-rich, leafy greens and nutrient-dense whole foods is key to balancing Candida while supporting detoxification. These foods help reduce cravings, aid digestion, and strengthen the gut barrier. They also promote growth of beneficial bacteria, which compete with Candida and restore microbial balance. By making these foods central to your meals, you help flush out toxins, reduce gut inflammation, and create the ideal internal environment for Candida recovery and long-term digestive health.

links on  
candida.com

- [High-Fibre](#)
- [Carbohydrates](#)
- [Diet Diversity](#)
- [Nutrient Dense](#)
- [Polyphenol-Rich](#)
- [Anti-inflammatory](#)
- [Fruits](#)
- [Vegetables](#)
- [Nuts and Seeds](#)
- [Grains](#)
- [Pantry and Fridge Make-Over](#)
- [Healthy Food Shopping Guide](#)



Fresh Berries



Brassica Vegetables



Low-Sugar Apples



Allium Veggies



Celery, Cucumber, Carrot



Spinach and Kale



Sprouts & Microgreens



Fresh Nuts



Avocado

2

## Eat To Support Your Gut Microbiome

Food is one of the most powerful tools for restoring balance in the gut and overcoming Candida overgrowth. Including prebiotic, probiotic, fermented, and antifungal foods helps balance Candida while nourishing beneficial bacteria. Prebiotics fuel the beneficials, probiotics support microbial balance, and fermented foods have multiple desirable actions. Antifungal foods help suppress Candida directly, creating an unfriendly environment for its growth. Including these foods daily promotes effective gut cleansing, supports detox, and builds a strong foundation for long-term Candida control and microbiome health.

links on  
candida.com

- [Antifungal Foods](#)
- [Antimicrobial](#)
- [Prebiotic Foods](#)
- [Probiotics](#)
- [Fermented Foods](#)
- [Yogurt](#)
- [Sauerkraut](#)
- [Sourdough](#)
- [Kimchi](#)
- [Miso](#)
- [Kefir](#)
- [Herbs & Spices](#)



Greek Yogurt



Kefir



Kimchi



Sauerkraut



Prebiotic Foods



Antimicrobial Foods



Herbs and Spices



Miso Soup



Tempeh

# The Healthiest Foods

3

## Eliminate All Processed and Inflammatory Foods

Removing ultra-processed and inflammatory foods is critical to overcoming Candida overgrowth and restoring gut balance. Refined sugars, damaged fats, additives, and preservatives feed Candida, weaken digestion, and fuel inflammation. Foods like sugary treats, fried takeaways, soft drinks, and processed meats disrupt microbial balance and slow your recovery. Avoiding these triggers allows the gut to repair, reduces fungal overgrowth, and supports natural detoxification.

Focus instead on the whole, anti-Candida foods listed on these pages to promote healing, strengthen digestion, and restore long-term gut health.

links on  
candida.com

- [Junk Food](#)
- [Processed Food](#)
- [Hunger & Cravings](#)



Processed Cereals



Refined Carbohydrates



Take-Away Food



Soda Drinks



Ice Cream & Candy



Alcohol



Artificial Sweeteners



Processed Meats



Commercial Fruit Juice

4

## Stay Hydrated and Choose Gut-Friendly Drinks

Proper hydration is essential for a healthy whole-foods diet, as water flushes out toxins, supports digestion, and promotes regularity. Aim for 1.5–2 liters of pure, filtered water daily to maintain optimal gut function. Electrolytes like potassium, sodium, and magnesium prevent dehydration and support cleansing.

Coconut water, bone broth, and mineral-rich vegetable broth replenish these nutrients, while lemon water and herbal teas (ginger, peppermint, dandelion) aid digestion and detoxification. Staying well-hydrated ensures a smooth and effective gut cleanse. Dark urine? You're probably dehydrated.

links on  
candida.com

- [Healthy Drinks](#)
- [Healthy Snacks](#)
- [Junk Food](#)
- [Miso Soup](#)
- [Apple Cider Vinegar](#)



Drink Water Daily



Water with Lemon



Herbal Tea



Vegetable Juice



Coconut Water



Green Tea



Vegetable Broth



Bone Broth



Miso Soup



# The Healthiest Foods

5

## Incorporate Healthy Fats and Protein

Healthy fats and clean protein sources are vital for gut repair and Candida recovery. Fats like avocado, coconut oil, olive oil, and flaxseed oil support the gut lining, reduce inflammation, and aid detoxification. Easy-to-digest proteins—such as eggs, wild-caught fish, organic poultry, and nourishing broths—provide the building blocks needed for healing. Choose cold-pressed, unrefined oils and avoid processed, inflammatory fats often found in fried or packaged foods. These choices not only reduce Candida's primary food sources but also strengthen the gut, supporting lasting health and balance.

links on  
candida.com

- [Fats and Oils](#)
- [Butter](#)
- [Bone Broth](#)
- [Protein](#)
- [Moderate Meat](#)
- [Leaky Gut](#)
- [Healthiest Snacks](#)



Avocado & Avocado Oil



Grass-Fed Butter



Extra-Virgin Olive Oil



Free Range Eggs



Flaxseed Oil



Lean Animal Protein



Tofu and Tempeh



Fatty Fish



Legumes & Whole Grain

6

## Adopt Gut -Friendly Lifestyle Habits

Beating Candida overgrowth goes beyond food, it requires lifestyle habits that support gut cleansing and microbial balance. Gentle movement like walking, yoga, or stretching stimulates digestion and liver detox pathways. Deep breathing and stress reduction calm the nervous system and lower gut inflammation. Quality sleep aids gut repair, while practices like dry brushing and abdominal massage support circulation and toxin release. Limiting screen time during meals encourages mindful eating, and daily sunlight exposure helps maintain healthy vitamin D levels. Together, these habits enhance your anti-Candida plan and support long-term gut and immune health.

links on  
candida.com

- [Exercise](#)
- [Environment](#)
- [Sleep](#)
- [Stress](#)
- [Intermittent Fasting](#)
- [Immune Function](#)
- [Relationships](#)
- [Weight Loss](#)



Daily Walking



Yoga



Adventure Holidays



Stretching



Healthy Living



Limit Screens With Meals



Stay On Track



Take The Stairs



Stress Management