

# CANDIDA & YEAST SUPPORT FOOD EXCHANGE GUIDE

A *Candida*-supportive dietary approach may be appropriate for individuals working with their practitioner to address yeast overgrowth, microbial imbalance, excessive sugar cravings, recurrent fungal concerns, or symptoms that appear to improve with temporary reductions in dietary sugars and refined carbohydrates. The primary goal is to reduce dietary factors that may support excessive yeast growth while maintaining adequate nutrition and supporting overall microbiome balance.

CATEGORY	PREFERRED OPTIONS	OFTEN LIMITED
<b>Proteins</b>	Chicken, turkey, fish, eggs, beef, bone broth	Breaded or highly processed meats or cold cuts
<b>Vegetables</b>	Leafy greens, zucchini, cucumbers, broccoli, cauliflower, cabbage, asparagus, green beans, peppers	Fried vegetables, heavily processed vegetable products, mushrooms
<b>Fruits</b>	Lemons, limes, green apples, berries (moderate amounts)	Fruit juice, dried fruit, bananas, grapes, mango, pineapple, papaya, all dried fruits
<b>Dairy / Dairy Alternatives</b>	Cheeses, non-aged (cottage cheese,* fresh goat cheese, mozzarella, ricotta), Milks: unsweetened almond, coconut, hemp, rice, soy, unsweetened yogurt	All dairy except as listed under Foods to Include, aged cheeses, milk substitutes that contain any type of sweetener except stevia
<b>Starches</b>	Moderate sweet potatoes, squash, pumpkin, cauliflower rice, quinoa, rice	White flour products, pastries, chips, refined grains
<b>Healthy Fats</b>	Olive oil, avocado oil, coconut oil, avocados, nuts, seeds	Hydrogenated fats and processed oils, peanuts, pistachios, mayonnaise
<b>Sweeteners</b>	None preferred during active support phase	Sugar, honey, maple syrup, agave, corn syrup, candy, desserts
<b>Fermented Foods &amp; Condiments</b>	Fresh herbs, lemon, lime, olive oil	Vinegar, apple cider vinegar, kombucha, alcoholic beverages, fermented condiments, sauerkraut, pickles
<b>Beverages</b>	Water, herbal tea, mineral water, electrolytes	Soda, fruit juice, sweetened beverages, alcohol
<b>Herbs &amp; Spices</b>	Salt, pepper, all herbs and spices	Avoid blends that contain sugar, MSG, or other additives