

The Candida Control Diet Update

During the Early Weeks: Foods You Can Eat Freely...

Vegetables

Most of these vegetables contain lots of fiber and are relatively low in carbohydrates. They can be fresh or frozen, and you can eat them cooked or raw.

- | | |
|-----------------|--|
| Asparagus | Onions |
| Beets | Parsley |
| Broccoli | Radishes |
| Brussel sprouts | Soybeans |
| Cabbage | Sling beans |
| Carrots | Tomatoes, fresh |
| Cauliflower | Turnips |
| Celery | |
| Cucumbers | Meats and Eggs |
| Eggplant | Chicken |
| Green pepper | Turkey |
| Greens: | Other fresh or frozen fish that is not breaded |
| Spinach | Shrimp, lobster, crab & other seafood |
| Mustard | Beef, lean cuts |
| Beet | Veal |
| Collards | Pork, lean cuts |
| Kale | Lamb |
| Lettuce | Wild game |
| all varieties | Eggs |
| Okra | |



Nuts,* Seeds & Oils** (unprocessed)

Oils

Butter***

Almonds

Linseed

Brazil nuts

Safflower

Cashews

Sunflower

Pilberts

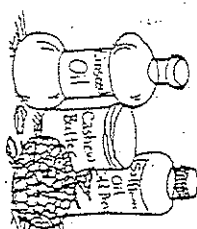
Soy

Pumpkin seeds

Walnut

Corn

What you can drink.....
Water



Foods You Can Eat Cautiously

High Carbohydrate Vegetables

Sweet Corn

Lima Beans

English Peas

White Potatoes (baked)

Winter Squash, Acorn,
or Butternut

Sweet Potatoes

Beans and Peas, dried
and cooked

Whole Grains

Barley

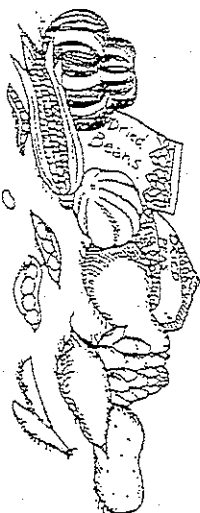
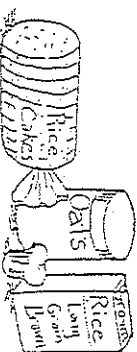
Corn

Millet

Oats

Rice

Wheat



Breads, Biscuits & Muffins

All breads, biscuits and muffins should be made with baking powder or baking soda as a leavening agent. Do not use yeast unless you pass the yeast challenge. To avoid yeast and to obtain more vitamins and minerals, use whole wheat flour or stone-ground cornmeal.

*Plants may disagree with you and cause symptoms, especially if you're allergic to yeasts and molds.

**Most commercially available nuts and seeds have been processed and contain additives, and most commercially available oils have been heated and processed. So get unprocessed nuts and seeds and unrefined oils from a natural food store.

***Use in moderation.

Foods You Must Avoid

Sugar & Sugar-containing Foods: Sugar & other quick-acting carbohydrates, including sucrose, fructose, maltose, lactose, glycogen, glucose, mannitol, sorbitol, galactose, monosaccharides and polysaccharides. Also avoid honey, molasses, maple syrup, maple sugar, date sugar and turbinado sugar.

Packaged and Processed Foods: Canned, bottled, boxed and other packaged and processed foods usually contain refined sugar products and other hidden ingredients.

You'll not only need to avoid these sugar-containing foods the early weeks of your diet, you'll need to avoid them indefinitely.

Avoid yeasty foods the first 7-10 days of your diet. Then do the yeast challenge as described in Chapter 8. If you're allergic to yeast, you'll need to continue to avoid yeast and mold-containing foods indefinitely. However, if you aren't allergic to yeast, you can rotate yeast-containing foods into your diet and consume them in moderation.

Here's a list of foods that contain yeasts or molds:

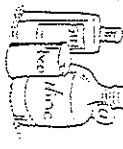
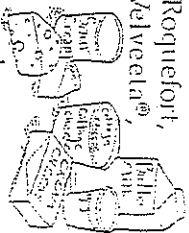
Breads, Pastries and other raised bakery goods.

Cheeses: All cheeses (mildly cheeses, such as Roquefort, are the worst). Prepared foods, including Velveeta®, macaroni and cheese, Cheezits® and other cheese-containing snacks. Also buttermilk, sour cream and sour milk products.

Alcoholic Beverages: Wine, beer, whiskey, brandy, gin, rum, vodka and other fermented liquors and liqueurs. Also, fermented beverages such as cider and root beer.

Condiments, Sauces and Vinegar-containing foods:

Mustard, ketchup, Worcestershire®, Accent® (monosodium glutamate); steak, barbecue, chili, shrimp and soy sauces; pickles, pickled vegetables, relishes, green olives, sauerkraut, horseradish, mince meat and lamrani. Vinegar



and all kinds of vinegar-containing foods such as mayonnaise and salad dressing. (Freshly squeezed lemon juice may be used as a substitute for vinegar in salad dressings prepared with unprocessed vegetable oil.)

Malt Products: Malted milk drinks, cereals and candy. (Malt is sprouted grain that is kiln-dried and used in the preparation of many processed foods and beverages.)

Processed & Smoked Meats: Pickled and smoked meats and fish including sausages, hot dogs, corned beef, pastrami and pickled tongue.

Edible Fungi: All types of mushrooms, morels and truffles.

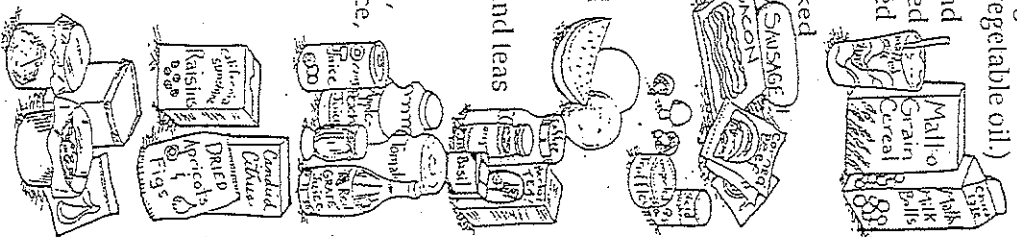
Melons: Watermelon, honeydew melon and especially cantaloupe.

Coffee and Tea: Regular coffee, instant coffee and teas of all sorts, including herb teas.

Fruit Juices: Either canned, bottled or frozen, including orange juice, grape juice, apple juice, tomato juice, pineapple juice.
Exception: freshly prepared juice.

Dried & Candied Fruits: Raisins, apricots, dates, prunes, figs, pineapple.

Leftovers: Molds grow in leftover food unless it's properly refrigerated. Freezing is better.



Porous skin of cantaloupe is especially apt to be contaminated with mold. However, careful washing before cutting may enable melons to be tolerated. Many individuals tolerate fruit-free, sugar-free, yogurt. For a discussion of *Lactobacillus acidophilus* and other friendly bacteria and their role in controlling candida see Chapter 43, Update.

MEAL SUGGESTIONS

The menus listed and illustrated on the next few pages are all *sugar-free* and *yeast-free* and designed to help you answer that always troublesome question, "What can my family and I eat?"

The menus for the early weeks are also *fruit-free* and contain relatively few grains and high carbohydrate vegetables (such as potatoes, yams and lima beans). Depending on your likes and dislikes, using these general guidelines, you can change these menus to suit your tastes and those of other members of your family.

If you pass "the yeast challenge", you can cautiously add cheeses, mushrooms, or other yeast-containing foods to your diet on a rotated basis. You should also rotate your other foods, especially during the early weeks and months of your treatment program. Here's why:

Many, and perhaps most, individuals with yeast-connected health problems are allergic to several (and sometimes many) different foods. The more frequently you eat a particular food, the greater are your chances of developing an allergy to that food. Moreover, you tend to become addicted to foods you are allergic to and you crave them, even though they may be contributing to your fatigue, headaches, muscle aches, depression or other symptoms. When you rotate your diet and eat a food no more frequently than every 4th day, you accomplish two main goals: First, you avoid becoming addicted (allergic) to various foods. Second (and equally important), you are better able to identify foods that could be causing problems.

For a further discussion of food allergies and rotated diets, see Chapter 15 of this book and *The Yeast Connection Cookbook—A Guide to Good Nutrition and Better Health*.

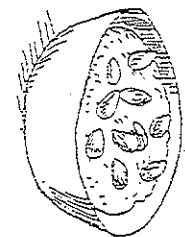
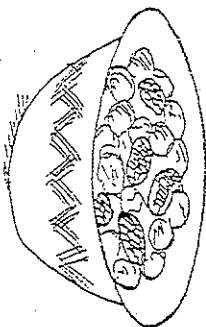
In this book, you'll find over 200 recipes which feature vegetables of all sorts, a variety of grains, plus grain alternatives, amaranth, quinoa, buckwheat and leff. You'll also find information on chemical contaminants in foods and how to avoid them.

The recipes focus on foods most people can eat and enjoy. They're divided into easy-to-follow groups. Even if you're an inexperienced cook, you'll be able to select and prepare foods that will please you and other members of your family.

Meal Suggestions for the Early Weeks*

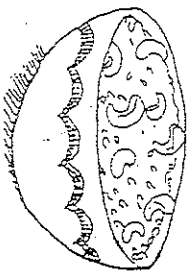
BREAKFASTS

2/3 cup cooked whole wheat cereal
Butter or linseed oil
Pecans



3/4 to 1 cup cooked oatmeal
with butter
Almonds

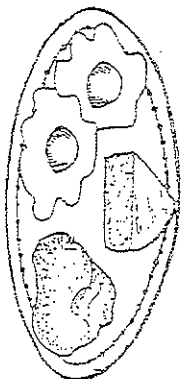
3/4 cup cooked brown rice with butter and
cashew nuts



Meal Suggestions

BREAKFASTS

Eggs, any style
3/4 cup cooked grits
with butter



1 or 2 whole wheat biscuits with
butter
Fillberts

Tuna (water packed)
1 or 2 whole wheat popovers with butter



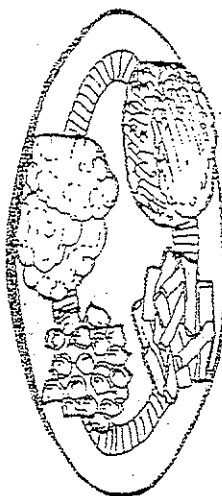
*Recipes for many of the foods recommended in this section can be found in Chapter 12.

LUNCHES

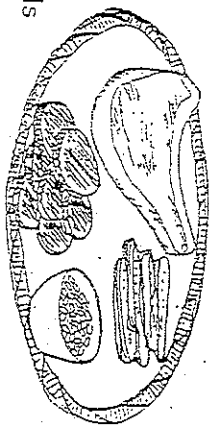
Chicken salad
2 toasted rice cakes
Steamed broccoli



Beef patty
1 cup string beans
Pilberts
Steamed cauliflower

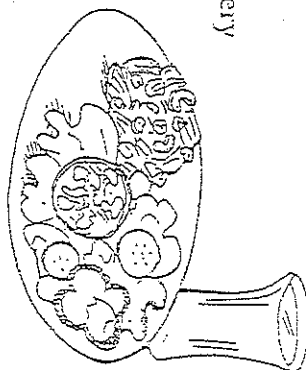


Pork chop
Zucchini
Sunflower seeds
Buttered beets

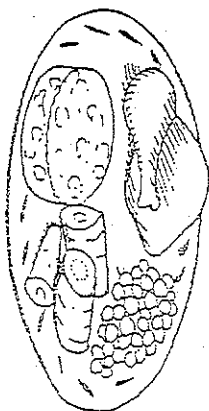


LUNCHES

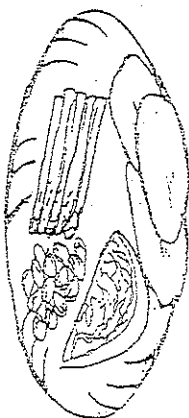
Tuna fish with lemon & chopped celery
Pecans
Salad with tomato, lettuce, green
pepper, cucumber, radish
Linseed oil & lemon juice dressing
1 or 2 whole wheat popovers



Baked chicken
1/2 to 1 cup peas & carrots
1 or 2 toasted rice cakes

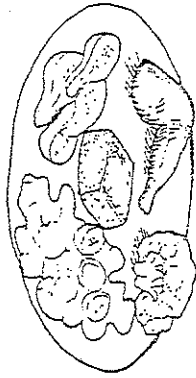


Sliced turkey breast
Steamed asparagus
Almonds
Steamed cabbage

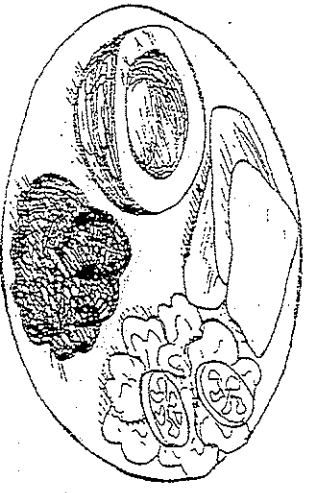


MAIN MEALS

Baked chicken
Cauliflower
Summer squash
Mixed green salad with linseed oil
and lemon juice dressing
1 piece corn bread



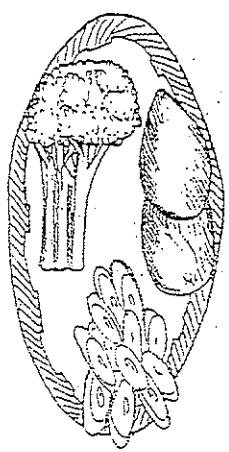
Pork chops
Turnip greens
Okra
Raw green pepper strips



Roast turkey
Baked acorn squash
Steamed spinach
Summertime salad

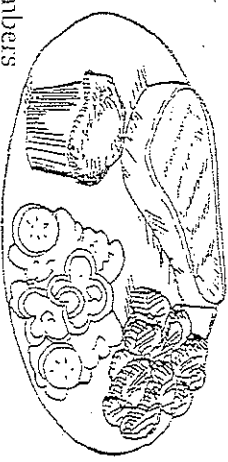
MAIN MEALS

Baked rock Cornish hen
Steamed cabbage
Asparagus
Salad with lettuce,
pecans



Sauteed liver
Carrots
Raw or steamed broccoli

Steak (or hamburger patty)
Eggplant
Mixed green salad with cucumbers
and green peppers
Whole wheat popover



After the first several weeks of your diet, you can experiment. And, chances are you can eat freely . . .
All fresh vegetables . . .

All fresh fruits (in moderation) . . .

Whole grains . . .

You can continue to consume fish, lean meat, egg, nuts, seeds and oils . . .

And if you pass the yeast challenge test, you can also include some of the yeast-containing foods.

You must continue to avoid . . .

Sugar & Sugar-containing Foods: Sugar & other quick-acting carbohydrates, including sucrose, fructose, maltose, lactose, glycogen, glucose, mannitol, sorbitol, galactose, monosaccharides and polysaccharides. Also avoid honey, molasses, maple syrup, maple sugar, date sugar and turbinado sugar.

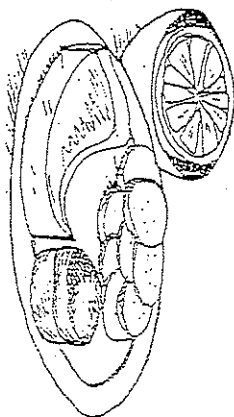
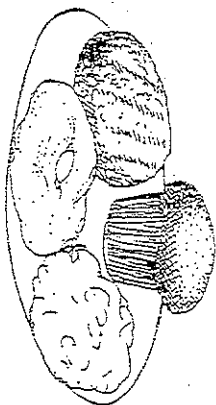
Most of the packaged and processed foods of low nutritional quality, especially those which have been overly processed and refined and which contain sugar and hydrogenated or partially hydrogenated fats and oils.

Candida Control Diet

Meal Suggestions After the First Few Weeks

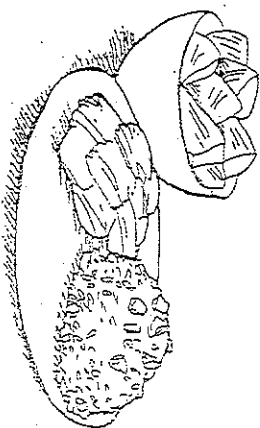
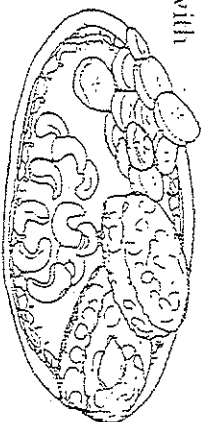
BREAKFASTS

Ground beef patty
Scrambled eggs
Grits with butter
Applesauce muffin



Pork chop
Sliced potatoes
Whole wheat biscuit
Grapefruit

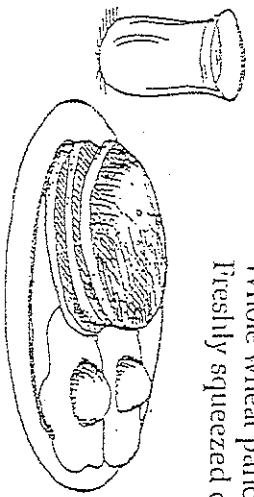
Toasted rice cakes with
butter
Sliced banana
Cashew nuts



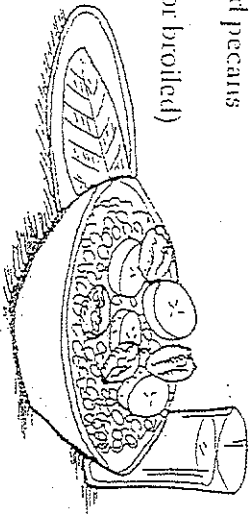
Brown rice with butter
and chopped almonds
Tuna (water packed)
Fresh pineapple

BREAKFAST

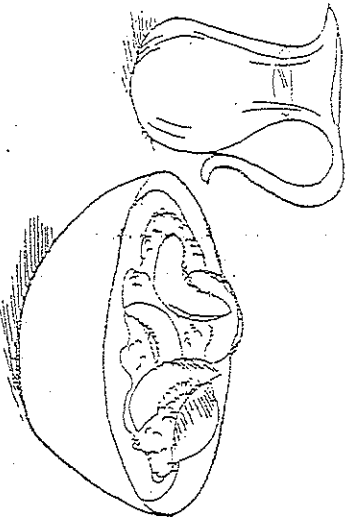
Eggs, any style
Whole wheat pancakes
Freshly squeezed orange juice



Barley cereal with
banana and pecans
Milk
Fish (baked or broiled)

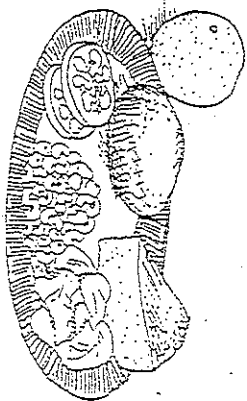


Hot oatmeal with peaches (fresh or frozen),
without sugar, and cashews
Milk

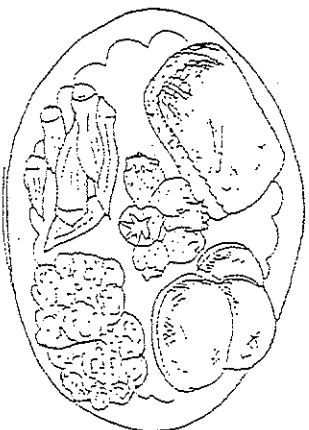


LUNCHES

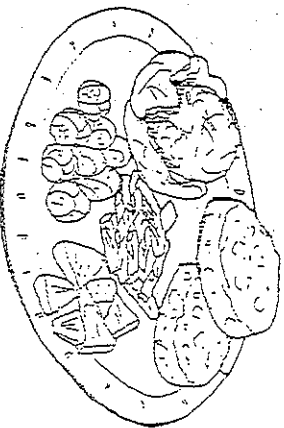
Salmon patty
Corn bread
Boiled cabbage
Blackeyed peas
Sliced tomatoes
Orange



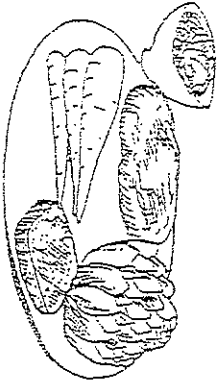
Fish cakes
Steamed cauliflower
Boiled okra
Oat cakes
Strawberries



Tuna salad on lettuce
Rice cakes
Steamed green beans
Boiled Brussels sprouts
Fresh pineapple

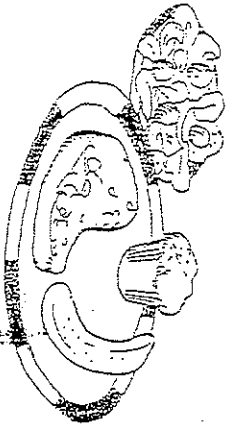
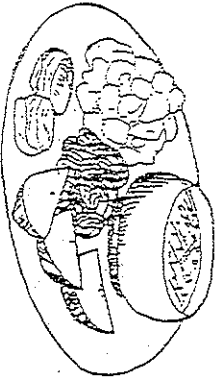


LUNCHES



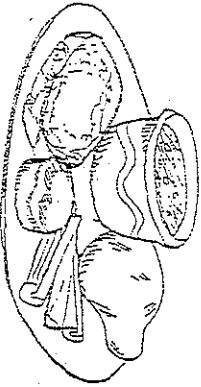
Swiss steak
Steamed artichoke
Turnip greens
Raw carrots
Corn bread

Chicken salad
Rice soup
Spinach
Rice biscuits
Apple

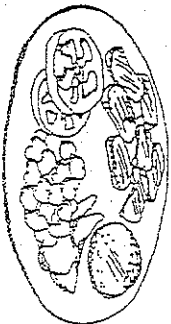


Pork chop
Lettuce & tomato salad
Applesauce muffin
Baked banana

Meat loaf
Barley soup
Celery and carrots
Whole wheat biscuits
Pear

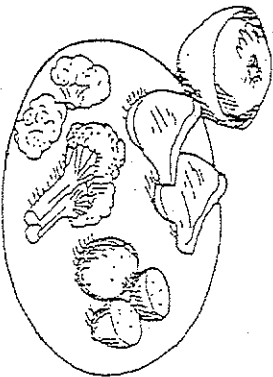
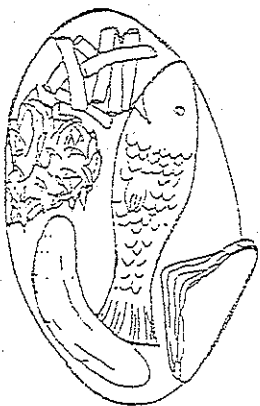


MAIN MEALS



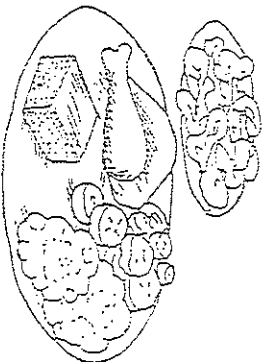
Sauteed liver
Lima beans
Baked acorn squash
Sliced tomato
Banana oat cake

Broiled fish
Cabbage & carrot slaw
Wax beans
Whole wheat popovers
Baked banana



Broiled lamb chops
Steamed cauliflower
Steamed broccoli
Boiled potatoes
Baked apple

Roast Cornish hen
Steamed carrots and peas
Wild rice
Corn bread
Papaya

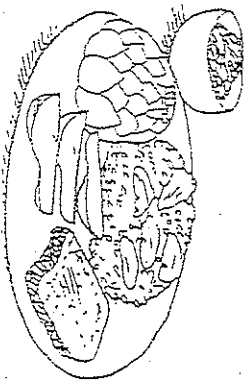
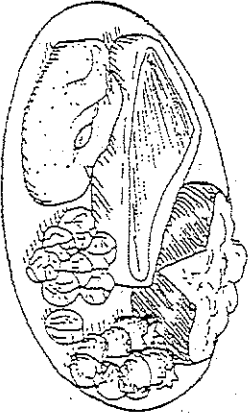


MAIN MEALS



Roast duck
Spinach
Barley soup
Sweet potato
Steamed green beans
Corn bread

Broiled steak
Baked potato
Lettuce, tomato, cucumber salad
with freshly squeezed lemon
juice & safflower or linseed oil
dressing
Lima beans
Spoon bread
fresh strawberries



Easy chicken and rice
Steamed artichoke
Turnip greens
Corn bread
Pear

Shopping Tips

1. Feature whole foods.
2. Avoid foods labeled "enriched" if you're allergic to yeast.
3. Since many, and perhaps most canned, packaged and processed foods contain hidden ingredients, including sugar, dextrose and other carbohydrate products, avoid them.
4. If you must use canned or packaged foods, Read Labels Carefully.
5. Avoid processed, smoked or cured meats, such as salami, wieners, bacon, sausage, hotdogs, etc., since they often contain sugar, spices, yeast and other additives. Such foods are also loaded with the wrong kind of fat.
6. Use fresh fruits and vegetables. Commercially canned products often contain yeasts and added sugar.
7. Avoid bottled, frozen and canned juices. If you wish juice, buy fresh fruit and prepare your own juice.
8. Most commercially available nuts are roasted in vegetable oil and contain additives. Buy nuts in the shell, or shelled nuts from a natural food store. If you're allergic to yeasts and molds, you may need to avoid peanuts since they're more apt to be contaminated with mold. (And nuts of all kinds, like other foods, may become contaminated with molds.)
9. All commercial breads, cakes and crackers contain yeast. If you wish yeast-free breads, you'll have to obtain them from a special bakery or bake your own. Arden, Chico San or Golden Harvest Rice Cakes contain no sugar or yeast. Most children and adults like them. They're good with nut butters. Also San-Esu Rice Snacks (plain or sesame) and Kamie Rice Crackers (usually found at natural food stores.)
10. Use cold pressed vegetable oils (such as sunflower, safflower, linseed and corn). (To make salad dressing, combine the oil with fresh lemon juice.)
11. Buy whole grains (barley, corn, millet, oats, rice and wheat) from a natural food store. Grains can be an important ingredient of a nutritious breakfast. Barley, rice and other grains can also be used in various ways at other meals. Barley or rice cereals are especially tasty.

Food sources

- Rice cakes
Arden Organic
99 Pond Road
Asheville, NC 28806
- Vegetable oils, wheat, oats, rye
Arrowhead Mills, Inc.
Hereford, TX 79045
- Rice crackers (contain whole
brown rice, sesame seeds & salt)
Chico San, Inc.
144 West First Street
Chico, CA 95926
- Puffed corn, rice, wheat,
and millet
El Molino Mills
City of Industry, CA 91746
- Ener-C Rice Mix®, Ener-C Egg
Replacer®, Jolly Joan
Soyquick®
Ener-G Foods, Inc.
P.O. Box 24723
Seattle, WA 98124
- Sugar-Free Preserves
Judy & Toby's Preserves
Beginnings—Findings—Etc., Inc.
Chatsworth, CA 91311
- Vegetable oils, cashew butter,
almond butter
Hain Pure Food
Company, Inc.
Los Angeles, CA 90061
- Potato chips (contain potato,
safflower oil & salt. No
additives)
Health Valley Natural
Foods, Inc.
700 Union
Montebello, CA 90640
- Bottled water, vegetables, nuts,
whole grains, flours
Shiloh Farms
Sulphur Springs, AR 72768
- Unprocessed nuts
Tropical Nut & Fruit Co.
11517-A Cordage Rd.
P.O. Box 7507
Charlotte, NC 28217

Also check with your local natural food store. They may be able to supply these sugar-free (or yeast-free) foods.

Additional Helpful Suggestions

Many individuals with yeast-connected health problems improve . . . often dramatically . . . when they stop eating foods containing significant amounts of cane sugar, beet sugar, corn syrup, fructose, dextrose or honey. Then if they follow other parts of the candida-control program, after two or three months they may find they can consume small amounts of foods which contain a small amount of sugar. For example, they may eat a low-sugar dry cereal such as Cheerios® without developing symptoms.

Others with candida-related illness, including those who are allergic to yeasts and molds, pay for any dietary infraction. And they may not achieve maximum improvement unless they rigidly avoid all foods which contain sugar, yeasts and molds. So they must stay away from coffee, teas, spices, sprouts, condiments and unfrozen left-over foods (mold quickly grows on any food which isn't eaten as soon as it's prepared).

Still others must carry out food allergy detective work. They must identify and avoid (or otherwise treat) all foods that cause adverse or allergic reactions. Common offenders include milk, eggs, wheat, corn and soy. However, any food can be a trouble-maker, including beef, pork, lettuce, chicken, apple, tomato, banana, grape and other foods.

When an adverse reaction is caused by a food such as lobster, shrimp or cashew nuts, it can usually be identified with ease. However, when such reactions are caused by foods that are eaten frequently, the relationship of the food to a person's symptoms is rarely suspected.

To identify hidden food allergies requires a carefully designed and appropriately executed elimination diet, as described in my book, *Tracking Down Hidden Food Allergy*®. (See also Chapter 15.)

Each person differs from every other person. YOU ARE UNIQUE. In following the anti-candida diet, use a trial and error approach.

Most of my patients with candida-related illness, as they improve, can follow a less rigid diet, especially if they're following other measures to regain their health. Included are the use of nutritional supplements and exercise, and avoiding exposure to environmental chemicals and mold spores. (See Chapter 17 for a further discussion of these factors.)

Why do sweetened foods and beverages cause symptoms?

During the past 20 years, I've heard countless patients say,

"When I eat sweets, I feel spaced out, irritable, jittery or depressed!"

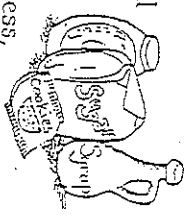
And many a parent has commented,

"When Johnny eats sugar, he becomes hyperactive and unable to concentrate."

Why do such reactions occur? What is the mechanism? Here are a few possibilities:

1. When you eat refined sugars, you may be feeding yeast germs in your digestive tract and causing them to multiply. As a result toxins are produced which may cause symptoms all over the body.

2. Diets containing large amounts of refined sugar cause your pancreas to put out extra insulin. As a result, rapid up and down fluctuations occur in your blood and brain sugar levels producing nervousness, weakness, irritability, drowsiness and other symptoms of hypoglycemia.



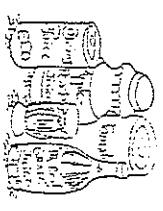
3. If you fill up on sugar-laden foods, chances are you won't consume enough essential nutrients, including calcium and magnesium. Your diet may also be deficient in other essential vitamins and trace minerals, including vitamin B-1, vitamin B-6, chromium, zinc, essential amino acids, essential fatty acids and other nutrients. Such nutrients participate in various body enzyme systems and serve as precursors in the manufacture of hormones and neurotransmitters (chemicals your brain requires to function properly).

4. You may be allergic to sucrose and other sugars derived from a particular botanical source (cane, beet, corn or maple). In my own practice, dozens of my patients have commented, "Cane sugar products cause reactions, yet I can take beet or corn sugar." Or, "Foods sweetened with corn syrup make me irritable and nervous, yet other sweetened foods don't bother me." Other physicians have made similar observations. (For a further discussion of adverse reactions to different sugars, see Chapter 29.)

Yeast and mold-containing foods: Avoiding yeasts and molds in your diet isn't easy. Molds are everywhere . . . indoors and outdoors. Although dampness and darkness promote mold growth, as do basements and cellars, molds can grow on any food, including fruits, vegetables, nuts, meats, spices and left-overs.

Although heating . . . even boiling or processing . . . may kill live molds, mold products may be left behind which may cause problems for some individuals with candida-related disorders. Here are further comments on foods that usually contain yeasts and molds.

Fruit juices: Most fruit juices, including frozen, bottled or canned, are prepared from fruits that have been allowed to stand in bins, barrels and other containers for periods ranging from an hour on up to several days or weeks. Although juice processors discard fruits that are obviously spoiled by mold, most fruits used for juice making contain mold.



Coffee & tea: These popular beverages, including the health food teas, are prepared from plant products. Such products are subject to mold contamination. How much is uncertain. If you're allergic to yeasts and feel you can't get along without your coffee or tea, you'll have to experiment and see what happens. Some herbal teas have been reported to have therapeutic value. A California physician who has been using Yabebo® tea in treating some of her patients commented,

"I've found that Yabebo® tea helps. I've been using it since November 1982. It seems to help, especially in clearing nasal symptoms."

Alcoholic beverages: Wines, beers and other alcoholic beverages contain high levels of yeast contamination, so if you're allergic to yeast, you'll need to avoid them.

Moreover, I feel you should stay away from alcoholic beverages for another reason: They contain large amounts of quick-acting carbohydrate. If you drink such beverages, you'll be feeding your yeast.

Other beverages:

"What's a person to drink?"
asked one of my patients.

"You've taken away my beer, my Scotch, my coffee, my tea, my cokes and my juices. That leaves only water. Isn't there something else? How about diet drinks?"

Diet drinks have no nutritional value. Moreover, they often contain caffeine, food coloring, phosphates, saccharin and other ingredients which disagree with many individuals. However, since these beverages do not contain mold, individuals with candida-related problems may tolerate them. If you use them, don't go overboard.

Many people with chronic health problems, especially those with chemical sensitivity, require bottled or distilled water to remain symptom-free. Others find they can tolerate tap water if they install a water filter in their home.

In an article in the Summer, 1982 issue of *The Long Island Palatium* (published by Chapter 2, District II, American Academy of Pediatrics) entitled, "How Safe is Long Island Drinking Water?" Frances S. Sterrett, Ph.D., Professor of Chemistry Hofstra University commented,

"Several hundred different organic chemical substances have been found in a variety of drinking waters. For this reason, I and many other people on Long Island and in many parts of the country filter our drinking water through an activated carbon water filter. . . . Water consumed by infants and small children should be filtered through activated carbon and boiled because cannibalistic effects of low level contaminants are more critical at such an early age."

(Information on water filters can be found in the book, *Water Fit to Drink*, by Carol Keough, Rodale Press, Inc., Emmaus, PA, 1980, and in the February 1983 issue of *Consumer Reports*).

Left-overs: Such foods provide a rich breeding ground for yeasts and molds. Molds are one of the major micro-organisms causing foods to spoil, and all foods spoil. Although refrigeration retards mold growth, even refrigerated foods develop mold contamination. So prepare only as much food as you need and eat it promptly, or freeze left-overs.

At the July 1982 Dallas Candida Conference, Dr. Francis Waickman of Cuyahoga Falls, Ohio commented,

"Several of my mold sensitive patients must eat foods immediately after they're cooked. Left-overs always cause their symptoms to flare."

Whether or not you can eat left-overs will depend on the severity



of your health problems and how sensitive you are to mold. Some individuals can eat left-overs without developing symptoms, while others cannot. It takes trial and error experimenting to find out which foods can cause trouble and which ones do not.

Spices & condiments: These dietary ingredients are usually loaded with mold and should be avoided or approached with caution. Limited quantities of salt and juice from a freshly squeezed lemon are your safest food flavoring agents. And freshly squeezed lemon juice, plus unprocessed vegetable oil, makes a healthy, nutritious salad dressing. Moreover, unprocessed vegetable oils, especially flaxseed or linseed oil, safflower or sunflower oil, are rich in essential fatty acids which are important precursors of substances your body requires for proper functioning. (For further discussion of fatty acids, see Chapters 36, and 43 of the Update.)

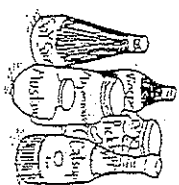
Cereal grains: Cereal grains, including oats, wheat, rice, barley, corn and millet, especially those found in natural food stores, are excellent sources of vitamins and minerals. Moreover, such unprocessed grains contain no sugar. However, like other foods, some mold contamination may occur.

Nevertheless, such grains can play an important part in meeting your nutritional needs. If you haven't tried eating a hot cereal that you prepare at home from brown rice, unrefined oats, wheat or barley for breakfast, you're missing a treat. You can add chopped nuts, banana, peaches or strawberries (in season) and enjoy a satisfying nutritious breakfast that will help you start the day right.

How about dry cereals? These cereal grains . . . even the best of them . . . have been processed and subjected to high heat. Accordingly, they're much less desirable than hot cereals you prepare at home made from whole grain. Moreover, most of these cereals contain malt and added yeast-derived B vitamins. So if you're allergic to yeast, you'll need to avoid them.

Several years ago, on the "Today Show", Dr. Art Ulene showed a box of one of the popular cereals advertised for children and said,

"This 14 ounce box contains 80 teaspoons of sugar. In fact, sugar is the main ingredient. And some two dozen of these cereals contain over 40% sugar."



If, in spite of their limited nutritional value, you decide on a dry cereal, get sugar-free Shredded Wheat®. Cereals which contain less than 6% added sugar include Cheerios®, Puffed Rice®, Wheat Chex®, Puffed Wheat®, Post Toasties®, Product 19®, and Special K®. However, I don't recommend them for anticandida diets as many contain malt and added yeast-derived B vitamins.

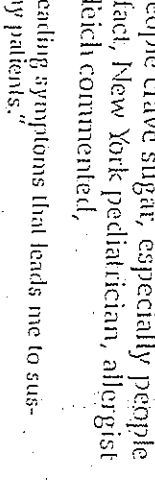
Breads: Nearly all commercially-available breads, cakes, crackers and cookies contain yeast or sugar and cause symptoms in patients with candida-related problems. So if you're allergic to yeast, they should be avoided. However, a few yeast-free and sugar-free products may be found in natural food stores and specialty departments of some supermarkets.¹

Nuts: Nuts are loaded with good nutrients, especially trace minerals. However, most commercially available nuts on supermarket shelves contain additives of various sorts, including dextrose (corn sugar). So use unprocessed nuts. Ideally, nuts should be freshly shelled, since nuts stored for long periods of time (like fruits and other foods) attract mold growth. Avoid peanuts and peanut products since they're contaminated with mold.

Candies & sweets: Many people crave sugar, especially people with the candida problem. In fact, New York pediatrician, allergist and clinical ecologist Morton Teich commented,

"Sugar craving is one of the leading symptoms that leads me to suspect candida-related illness in my patients."

What to do about it? Stay away from sugar-containing foods. After your immune system and your health improve, you may be able to cheat occasionally. An alternate: Use bananas and other fruits to prepare cookies, cakes and other sweetened foods. If you'd like a guide to help you prepare such foods, get a copy of the "all-natural, fruit-sweetened cookbook" by Karen E. Baskie entitled *Sweet & Sugar Free*, St. Martin's Press, 175 Fifth Ave., New York, New York 10010, 1982.



¹See Chapter 12 for recipes and suggestions for yeast-free and sugar-free baked products.

Fresh fruits & vegetables, including salads: Since molds grow everywhere, including the outer surfaces of lettuce, tomatoes and other fruits and vegetables, such foods may cause reactions in highly susceptible individuals. To lessen mold contamination, a Massachusetts physician suggests cleaning foods with a weak Clorox® solution. (See Chapter 34.) And he said,

"Although the fumes from Clorox® bother many chemically-sensitive patients, a person can avoid such reactions by using a nose clip while preparing the solution."

Eating out: If you're like most people, you live "on the run" and eat foods away from home. What's the answer? Do the best you can. And during the early weeks and months of your candida control program, you may need to do a lot of brown-bagging (see Chapter 13). And when you eat out, you'll need to make your selections carefully, so as to avoid foods that trigger your symptoms.

More on Yeast and Mold-Containing Foods

Many patients with yeast-connected disorders develop symptoms when they consume yeast-containing foods. Yet, a number of my patients recently have reported that cheeses, leas, peanuts, mushrooms and other yeast-containing foods do not bother them. I reported these observations to mold authority John W. Rippon, Ph. D., who commented:

"Eating a yeast-containing food doesn't make candida organisms multiply. So when your patients develop symptoms from yeasty foods, they do so because they're allergic to yeast products." (See Chapter 10.)

Accordingly, as you improve (if you aren't bothered by mold allergies) you can cautiously try eating some yeast-containing food. But don't go overboard.

