



Nutritional Frontiers

Customized Food Program

Meal Plan for Candida

	Yes	No
Fruits	No fruit for at least 4 weeks, first types to reintroduce are apples and pears	Juice or Fruits
Vegetables	All fresh raw, steamed, sautéed, juiced, or roasted	Corn; tomato, creamed vegetables
Starch	Limited- brown rice, sweet potatoes, yams, whole grain pasta, oatmeal	Wheat, corn, barley, spelt, kamut, rye; all gluten-containing products, bagels, breads
Bread/Cereal	100% whole grain or sprouted breads, dark bread at least 3 grams of fiber per slice, Ezekiel bread	White bread, whole wheat, processed carbs, wheat, spelt, kamut, rye, barley; all gluten-containing products
Legumes	All beans, peas, and lentils	All Soy products, Soybeans, tofu, tempeh
Nuts and Seeds	Almonds, cashews, walnuts; sesame (tahini), sunflower, and pumpkin seeds; butters made from these nuts and seeds	Peanuts, peanut butter
Meat and Fish	Organic or free range, canned (water-packed), frozen, or fresh fish; chicken; turkey; wild game; lamb, beef	Pork, cold cuts, hot dogs, sausage, canned meats, shellfish
Milk and Dairy Substitutes	NONE	NO MILK, Cheese, Ice Cream, Pizza, Grilled Cheese , cottage cheese, cream, yogurt, "non-dairy" creamers
Fats	Cold pressed olive, flax, coconut, safflower, sunflower, sesame, walnut, pumpkin, almond oils, omega 3 fish oils	Fried Foods, Fast Foods, Margarine, butter, shortening, salad dressings processed (hydrogenated) oils, mayonnaise, spreads
Beverages	WATER Filtered or pure spring water, herbal tea, seltzer or mineral water	Soda pop or soft drinks, juice , alcoholic beverages, coffee, tea, other caffeinated beverages
Spices/Condiments	All spices unless otherwise indicated. cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, turmeric	Chocolate, ketchup, relish, chutney, soy sauce, barbeque sauce, other condiments
Sweeteners	No sweets, sugars, cookies, cakes, pies, ice cream etc. Stevia or Xylitol only	Artificial Sweeteners, High Fructose Corn Syrup, White or brown refined sugar, honey, maple syrup, corn syrup, candy; desserts



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breaking through nutritional boundaries

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