

# CANDIDA DIET GROCERY LIST

## FRUIT

- Apricots
- Blackberries
- Cranberries
- Kiwi
- Lemons
- Limes
- Melons
- Peaches
- Plums
- Strawberries

## DAIRY

- Eggs
- Almond Milk (Unsweetened)
- Coconut Milk (Unsweetened)
- Coconut Cream

## SWEETENERS

- Stevia
- Xylitol

## GRAINS

- Amaranth
- Buckwheat
- Millet
- Oat Bran
- Quinoa
- Brown Rice

## FISH AND SEAFOOD

- Anchovies
- Shellfish
- Sockeye Salmon

## VEGETABLES

- Artichoke
- Asparagus
- Avocado
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Chicory
- Chives
- Collards
- Cucumber
- Eggplant
- Endive
- Garlic
- Green Onions
- Jicama
- Kale
- Kim Chi
- Leeks
- Lettuce
- Okra
- Olives
- Onions
- Radish
- Rutabaga
- Sauerkraut
- Seaweed
- Snow Peas
- Spinach
- Swiss Chard
- Tomatillos
- Tomatoes
- Turnip Greens
- Turnips
- Zucchini

## SEEDS AND NUTS

- Almonds
- Brazil Nuts
- Cashews
- Chestnuts
- Flax Seed
- Hazelnuts
- Macadamia Nuts
- Pine Nuts
- Pumpkin Seeds
- Sunflower Seeds
- Walnuts

## MEAT

- Beef
- Pork
- Bison
- Rabbit
- Goat Meat
- Organ Meat

## POULTRY

- Chicken
- Goose
- Turkey
- Emu
- Duck
- Quail
- Pheasant

## LIVE CULTURES

- Yogurt (Plain)
- Probiotics
- Kefir