

Candida cleanse diet food list

Category	Recommended foods	Notes
Non-starchy vegetables	Leafy greens (spinach, kale, arugula), cruciferous vegetables (broccoli, cauliflower), bell peppers, cucumbers, zucchini, asparagus, mushrooms	Low-sugar vegetables that help reduce candida overgrowth and provide essential nutrients and fiber
Protein sources	Grass-fed beef, organic chicken, turkey, wild-caught fish (salmon, mackerel), eggs, tofu, tempeh	Support detoxification and muscle retention. Focus on high-quality, organic, or grass-fed proteins
Healthy fats	Avocados, coconut oil, olive oil, nuts and seeds (almonds, chia seeds, flaxseeds, walnuts)	Healthy fats reduce inflammation, promote satiety, and aid in gut health, especially coconut oil for its antifungal properties
Fermented foods	Sauerkraut (unsweetened), kimchi, miso, tempeh, kefir (unsweetened and dairy-free)	Restore gut bacteria balance and promote healthy digestion. Fermented foods can also combat candida overgrowth
Low-sugar fruits	Green apples (in moderation), lemons and limes, berries (blueberries, strawberries, raspberries)	Rich in antioxidants and vitamins but low in sugars, so they won't feed the candida
Herbal teas and water	Peppermint tea, ginger tea, green tea, water	Herbal teas support digestion, while water is crucial for detoxification
Foods to avoid	Refined sugars, sweeteners, processed foods, caffeine and alcohol, gluten-containing grains (wheat, barley, rye), dairy products (unless fermented or dairy-free)	Avoid foods that can trigger candida growth or upset your digestive balance. Always read labels to avoid hidden sugars or gluten

