

What You Can Eat During the First Three Weeks

Foods You Can Eat Freely - Low –carbohydrate vegetables. These vegetables contain lots of fiber and wonderful essential nutrients. They are relatively low in carbohydrates and calories. You can eat them fresh or frozen, cooked or raw.

- ℞ Asparagus
- ℞ Beet greens
- ℞ Bell peppers
- ℞ Broccoli
- ℞ Brussels sprouts
- ℞ Collard greens
- ℞ Daikon
- ℞ Dandelion
- ℞ Eggplant
- ℞ Cabbage
- ℞ Carrots
- ℞ Cauliflower
- ℞ Kale
- ℞ Kohlrabi
- ℞ Leeks
- ℞ Lettuce (all varieties)
- ℞ Mustard greens
- ℞ Okra
- ℞ Onions
- ℞ Parsley
- ℞ Parsnips
- ℞ Celery
- ℞ Endive
- ℞ Garlic
- ℞ Radishes
- ℞ Rutabaga
- ℞ Shallots
- ℞ Snow peas
- ℞ Soybeans
- ℞ Spinach
- ℞ String beans
- ℞ Swiss chard
- ℞ Tomatoes, fresh
- ℞ Turnips

Meat, Seafood, Eggs and Other Food

- ℞ Beef, lean cuts
- ℞ Chicken
- ℞ Cod
- ℞ Lamb
- ℞ Mackerel
- ℞ Other fresh or frozen fish
- ℞ Pork, lean cuts
- ℞ Salmon
- ℞ Shellfish: shrimp, lobster, crab
- ℞ Tofu
- ℞ Tuna
- ℞ Turkey
- ℞ Veal
- ℞ Wild game

Nuts, Seeds and Oils (unprocessed)

- ℞ Almonds
- ℞ Brazil nuts
- ℞ Cashews
- ℞ Filberts
- ℞ Flaxseeds
- ℞ Pecans
- ℞ Pumpkin Seeds
- ℞ Sardines
- ℞ Butter (in moderation)
- ℞ Oils, cold-pressed and unrefined:
Corn, Olive, Safflower, Soy,
Sunflower, Walnut

Foods You Can Eat Cautiously

High-Carbohydrate Vegetables

- ℞ Artichoke
- ℞ Avocado
- ℞ Fennel
- ℞ Beets
- ℞ Boniata (white sweet potato)
- ℞ Beans, peas and other legumes
- ℞ Celery root (celeriac)
- ℞ Breadfruit
- ℞ Winter, acorn or butternut squash

Dairy Products - Eat these sparingly since many people have food sensitivities to dairy products. If your symptoms persist, eliminate them completely.

- ℞ Cream Cheese
- ℞ Hard Cheeses
- ℞ Yogurt

Whole Grains

- ℞ Barley
- ℞ Corn
- ℞ Kamut
- ℞ Millet
- ℞ Oats
- ℞ Brown Rice
- ℞ Spelt
- ℞ Teff
- ℞ Wheat

Grain Alternatives

- ℞ Amaranth
- ℞ Buckwheat
- ℞ Quinoa

Breads, Biscuits and Muffins – All breads, biscuits and muffins should be made with baking powder or baking soda as a leavening agent.

Foods You Must Avoid Completely

Sugar and foods containing sugar. Avoid sugar and other quick-acting carbohydrates, including sucrose, fructose, maltose, lactose, glycogen, glucose, mannitol, sorbitol, galactose, monosaccharides and polysaccharides. Also avoid honey, molasses, 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 in the early weeks of your diet, but you'll probably need to avoid them indefinitely.

Avoid yeast-containing foods for the first 10 days of your diet. Here's a list of foods that contain yeasts or molds:

- ℞ Breads, pastries and other raised-bakery goods.
- ℞ Cheeses: All cheeses. Moldy cheeses, such as Roquefort, are the worst.
- ℞ Condiments, sauces and vinegar-containing foods: Mustard, barbecue, chili, shrimp and soy sauces; pickles, pickled vegetables, relishes, green olives, sauerkraut, horseradish, mincemeat and tamari. 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 a sprouted grain that is kiln-dried and used in the preparation of many processed foods and beverages.)
- ℞ Processed and smoked meats: Pickled and smoked meats and fish, including bacon, ham, sausages, hot dogs, corned beef, pastrami and pickled tongue.
- ℞ Edible fungi: All types of mushrooms, morels and truffles.
- ℞ Melons: Watermelon, honeydew and, especially, cantaloupe.
- ℞ Dried and candied fruits: Raisins, apricots, dates, prunes, figs and pineapple.
- ℞ Leftovers: Molds grow in leftover food unless it's properly refrigerated. Freezing is better.

What You Should and Should Not Drink

Water: You should drink eight glasses of water a day. Yet, ordinary tap water may be contaminated with lead, bacteria or parasites.

Fruit Juices: These popular beverages are a big “no-no”, even more so than eating fresh fruit. 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 to several days or weeks. Although juice processors discard fruits that are obviously spoiled by mold, most fruits used for juice contain some level of mold.

Coffee and Tea: These popular beverages, including the health food teas, are prepared from plant products. Although these products are subject to mold contamination, most people seem to tolerate them. To decide, you can experiment. Teas of various kinds, including taheebo (Pau d’Arco), have been reported to have therapeutic value. If you can’t get along without your coffee, limit your intake to one or two cups a day. Drink it plain or sweetened with stevia or Splenda.

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. You should stay away from alcoholic beverages for another reason: They contain large amounts of quick-acting carbohydrate. If you drink these beverages, you’ll be feeding your yeast.

Diet Drinks: These beverages possess no nutritional value. Moreover, they’re usually sweetened with aspartame (NutraSweet), which causes adverse reactions in many people. They also may contain caffeine, food coloring, phosphates and other ingredients that many individuals can’t tolerate. However, since diet drinks do not contain mold, some people with candida-related problems can tolerate them. If you drink them, use them sparingly.