

Guidance for patients undertaking particular treatments: patient information sheets

Anti-Candida Diet: Sample Menus

Breakfast

- * Cereal: Basic muesli mix (no nuts or fruit - dried or fresh), puffed rice, porridge oats rice flakes, quinoa pops. A sprinkle of Cinnamon or Vanilla can be added for flavour.
- * Cottage cheese on oat or rice cakes.
- * Cooked: Eggs and spinach, or thinly sliced tomato on toasted rye bread (if unyeasted)

Lunch and Supper

- * Meat and fish- preferably organic (antibiotic, hormone free)
- * Eggs - scrambled, omelette.
- * Vegetables - all OK. (Tinned sweetcorn okay if no added sugar.)
- * Brown Rice, Quinoa, whole rice/corn pastas for grains.
- * Salad - but no mushrooms.
- * Soup – shop or homemade (use yeast free stock cube). Add barley or lentils to make it more of a meal.
- * Rye bread sandwiches. (Check that bread is not yeasted).
- * Ryvita/Crispbreads/Rice cakes with hummus/mashed avocado/pumpkin seed butter.
- * Potato - roast, chips, potato salad, jacket potato (wash and scrub well)
- * Fillings: tuna, sweet corn (no added sugar), cottage cheese, chicken + avocado. Use natural bio yoghurt + spices in place of mayonnaise.

Snacks

- * Scones (homemade) – herb or plain with cottage cheese, soya soft cheese and dill.
- * Ryvitas, crispbread, rice cakes with hummus, or Aubergine or mashed avocado with lemon juice.
- * Plain salted crisps, some plain Poppodoms or tortilla chips (Check ingredients)
- * Popcorn – homemade salted or herbed
- * For a sweet taste, try raw carrot sticks, roast parsnips, coconut (fresh). Add cinnamon or mixed spice to dishes to sweeten.

Salad Dressing

- * English mustard (powdered), Lemon juice, Olive oil, mixed herbs, salt and pepper.
- * Toasted and crushed sesame seeds and a small amount of sea salt
- * As another alternative to Salad dressing or in place of Soy sauce.