

# Intestinal Candidiasis

## The Yeast Syndrome

There are literally trillions of bacteria living in our digestive tract, making up the normal “microflora.” These bacteria generally play a supportive role in the health of the colon by helping to synthesize vitamins, degrade toxins, and produce natural antibiotics. Candida, a yeast-like fungus, also normally inhabits the gut in small amounts. However, if these yeast organisms are allowed to grow unchecked, the harmonious balance between yeast and bacteria is upset, resulting in *intestinal candidiasis* or what has been called the *yeast syndrome*. Not only can this overgrowth cause problems such as vaginal infections and oral thrush, but candida can release byproducts, which are then absorbed into the bloodstream and may travel to many areas of the body. A variety of symptoms may then occur as the immune system attempts to deal with these foreign molecules. As a result, *intestinal candidiasis* can be an underlying cause of chronic, difficult to diagnose health problems. Below is a list symptoms that may be associated with yeast overgrowth.

### Common Symptoms of the Yeast Syndrome

*General:* chronic fatigue or malaise, sweet cravings

*Gastrointestinal system:* thrush, bloating, gas, intestinal cramps, rectal itching, alternating diarrhea and constipation

*Genitourinary system:* vaginal yeast infections frequent bladder infections

*Hormonal system:* menstrual irregularities, decreased libido

*Nervous system:* depression, irritability, trouble concentrating

*Immune system:* allergies, chemical sensitivities, lowered resistance to infections

A number of factors increase the risk of yeast overgrowth. They include:

- ♣ Repeated use of antibiotics and/or steroids
- ♣ Chronic stress
- ♣ Diet high in simple sugars
- ♣ Alcohol
- ♣ Oral contraceptive use
- ♣ Diabetes
- ♣ Hypothyroidism
- ♣ A weakened immune system

## Treatment

The successful treatment of intestinal candidiasis requires a comprehensive approach involving the reduction of risk factors for candida overgrowth, improving immune function, enhancing digestion and elimination, supporting liver function, and inhibiting candidal growth. The general protocol often used involves three components. The first is a diet prescription that essentially starves yeast of its main fuel – sugar. Second, beneficial bacteria such as *lactobacillus* and *bifidobacteria* are ingested as they compete for space with the yeast and therefore rebalance the “microflora.” Third, anti-fungal substances are prescribed to kill the yeast. The dietary component of this program is very important since yeast feeds on carbohydrates. Foods recommended for this diet are higher in protein and “good” fats. They include eggs, fish, chicken, turkey, seafood, tofu, tempeh, nuts and seeds, non-starchy vegetables, and *plain* cow or goat yogurt with live cultures.

An important point to keep in mind is that with initial treatment, individuals may experience symptoms as the yeast begins to “die off.” Some of these organisms are reabsorbed into the bloodstream, increasing the load the liver must filter or detoxify. Often patients experience short term reactions to this die-off, such as headaches, abdominal bloating, muscle and joint aches, or fatigue. It is also not unusual to crave the very food yeast thrives on, such as sweets, bread, and alcohol. (For further reading about *intestinal candidiasis* or *yeast syndrome*, refer to [The Yeast Connection](#) and [The Yeast Connection Handbook](#) by William Crook, M.D.)

## Candida Control Diet Guidelines

<u>Category</u>	<u>To Include</u>	<u>To Exclude</u>
<b>Fruits</b>	Whole, fresh/frozen, unsweetened fruit <u>only</u> in the protein Smoothie	All dried fruits and juices
<b>Eggs, dairy, &amp; dairy replacement</b>	Eggs; plain unsweetened yogurt (cow, sheep, or goat), with live cultures, (Westbrea) soy milk*, (Tofu Rella) soy cheese*, coconut milk, unaged goat cheese	Cheese (cow, rice, and most soy* based cheeses); Milk (cow, rice, almond, oat, and most soy milks)
<b>Grains</b>	None	All refined or whole grains, breads, baked goods, products made with flour
<b>Flesh foods</b>	Fish (fresh or canned) & other seafood, chicken, turkey, lean beef, pork, lamb, (preferably organically-raised meats)	Cold cuts or processed meats
<b>Meat Replacements</b>	Tofu, tempeh, Textured Vegetable Protein (TVP)	None
<b>Beans</b>	In small amounts, any dried beans, split peas, and legumes (not more than 1 cup (cooked)/day)	None
<b>Nuts &amp; seeds</b>	Walnuts, hazelnuts, filberts pecans, almonds, cashews, flax seeds, pumpkin seeds, sunflower seeds, poppy seeds sesame seeds – whole or as nut butters	Peanuts (often considered a nut but are actually a legume) and pistachios
<b>Vegetables</b>	Non-starchy vegetables – raw, steamed, sautéed, juiced, or baked (see shopping list)	Mushrooms and starchy vegetables: potatoes, corn, yams
<b>Fats and oils</b>	Avocado, butter, olives, cold pressed oils: olive, flax seed, sesame safflower, pumpkin sunflower, almond, walnut, canola	Margarine, shortening, processed oils, prepared salad dressings, spreads and sauces, mayonnaise
<b>Acidic &amp; fermented foods</b>	Lemon and lime juices, and vitamin C crystals as replacements for vinegar.	All vinegars and preserved foods: sauerkraut, pickles, other products preserved in brine or vinegar
<b>Sweeteners</b>	Stevia (herbal sweetener)	All: sugar, white/brown sugars, honey, maple syrup, corn syrup, high fructose corn syrup, molasses, brown rice syrup, fruit sweeteners
<b>Beverages</b>	Filtered, spring, or distilled water (drink 8 cups per day), herbal tea	Soda pop, alcohol, coffee, and non-dairy creamers

## Dietary Guidelines Explained

The following is included to help you understand the reasons behind the Candida Dietary Guidelines. In general, foods are restricted because of their carbohydrate (sugar) content. Additional foods are restricted as noted. These dietary modifications are usually implemented for 2-4 weeks to assess response to the program. Follow-up modifications are made on an individual basis.

- ♣ Fruits and juice: contain the sugar fructose
- ♣ Milk and milk products (cheese, cottage cheese, cream cheese, sour cream, etc.): contain the sugar lactose. (Yogurt, although a milk product, is virtually devoid of the milk sugar lactose and is thus acceptable unless you have a dairy allergy.)
- ♣ Dairy substitutes: *Most soy milks* contain some type of sweetener, usually brown rice syrup.\* *Soy yogurts* contain various types of sugar (agave syrup, amazake, white grape juice concentrate, or honey). *Most soy cheeses* contain maltodextrin\* (see Sweetener) or modified food starch (see Grains). *Almond milk* contains brown rice syrup. *Oat milk* is made from oats (see Grains). *Rice cheese* is made from a grain (see Grains).
- ♣ Grains: although complex carbohydrates, they are broken down into simple sugars.
- ♣ Beans and other legumes: high in protein, but also high in complex carbohydrates and are recommended only in small amounts (not to exceed 1 cup per day).
- ♣ Peanuts: (high in the mold, aflatoxin) and pistachios: are moldy nuts which can exacerbate candida.
- ♣ Starchy vegetables: broken down into simple sugars.
- ♣ Mushrooms: from the fungi family and may cross react with candida.
- ♣ Processed oils: “bad” fats and should be eliminated from any healthy diet.
- ♣ Acidic and fermented foods: may provoke symptoms because of similarities to candida yeast or they may act as food for candida.
- ♣ Sweeteners: the favorite fuel source of candida.
- ♣ Alcohol: a sugar and is a fuel source for candida.
- ♣ Known food allergens: increase gastrointestinal permeability and further weaken the immune system. This results in a more hospitable environment for the candida yeast.

\*There are several brands of soymilk that do not contain sweetener – read the labels carefully. *Tofu Rella* makes a soy cheese without maltodextrin. If you have an allergy to dairy, it may be to casein, a protein in most soy cheeses – so you should avoid them.

## **Meal Suggestions for the Candida Control Diet**

The following are menu suggestions. Choose one in each category daily. Recipes are provided for those items with an asterisk. Since this meal plan is quite low in carbohydrates, you may experience cravings at first, but this will pass and you will soon feel quite satisfied. If you are hungry you may increase your portion size since this is not a calorie-restricted program.

### **Breakfast Suggestions**

Eggs—scrambled, hard-boiled, soft-boiled, or poached  
Scrambled Tofu\*  
Mexi Tofu Scramble\*  
Curried Eggs and Vegetables\*  
Spiced Eggs\*

Spanish Omelet\*  
Mock Oatmeal\*  
Silken Smoothie\*  
UltraBalance® Protein Drink\*  
Plain cow or goat yogurt—add real vanilla, and nuts, or seeds as desired.

### **Lunch Suggestions**

Mixed Greens Salad with Tofu or Tuna\*  
Deluxe Tuna, Chicken, or Turkey Salad\*  
Stuffed Peppers\*  
Spinach salad\*  
Bean Salad\*  
Chilled Shrimp\*

Creamy Cold Tomato Soup\*  
Beans and Greens Soup\*  
Lentil Soup\*  
Vegetable Soup\*  
Quick Steamed Greens\*  
Italian Tofu\*  
Celery Root Salad\*

### **Dinner Suggestions**

Grilled Vegetables\*  
Stir-fried Pea Pods\*  
Roasted Garlic\*  
Roasted Red Peppers\*  
Ratatouille\*  
Stir-Fry Vegetables and Tofu, Shrimp, Chicken, or Turkey\*  
Chinese Soup\*  
Vegetable Beef Soup\*  
Curried Lentils and Cauliflower\*  
Tempeh Stew\*

Tempeh Spaghetti\*  
Turkey Chili\*  
Broiled Fish: trout, cod, salmon, halibut, swordfish, tuna, shellfish  
Broiled Lamb Chops  
Baked Cornish Hen, Chicken, Turkey, or Duck  
Roast leg of Lamb or Pot Roast  
Any allowed fresh, baked, steamed, or sautéed vegetables in unlimited quantities, topped with Tofu Mash\*.

### **Snack Suggestions**

Fresh, raw, non-starchy vegetables with your choice of the following: nut butter, salsa, hummus, allowable salad dressing, yogurt and dill, Tofu Mash,\* Roasted Garlic\*  
Plain cow or goat yogurt with live cultures (acidophilus)  
Roasted or raw nuts and seeds\* (without peanuts, pistachios)  
Roasted red Peppers\*  
Walnut Spread\*

Dipping veggies: celery, carrot, jicama, red peppers, zucchini, whole green beans, broccoli, cauliflower, endive, scallions, snap peas, cucumber sticks, and cherry tomatoes

<b>Selected Breakfast Recipes</b>
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**Scrambled Tofu - Serves 4**

1 Tablespoon olive oil  
 1/2 cup red cabbage  
 1/2 medium zucchini, sliced  
 2 green onions, minced  
 1 pound firm tofu, drained and crumbled  
 1 teaspoon turmeric  
 1/4 teaspoon cayenne, or to taste  
 sea salt to taste  
 1/4 cup fresh parsley, minced

After heating oil in a skillet, sauté cabbage, zucchini, and onions until they begin to soften. Drain tofu well, pressing out excess water. Crumble tofu into skillet and add seasonings, stirring to mix well. Heat thoroughly and add fresh parsley just before serving.

**Mexi Tofu Scramble - Serves 4**

1 Tablespoon olive oil  
 1/2 medium onion, chopped  
 1/2 green pepper, chopped  
 1 pound firm tofu  
 1 teaspoon chili powder, or to taste  
 sea salt, to taste  
 1/4 cup fresh cilantro, minced  
 1 medium tomato, chopped

After heating oil in a skillet, sauté onion and pepper until they begin to soften. Drain tofu well, pressing out excess water. Crumble tofu into skillet and add seasonings, stirring to mix well. Heat thoroughly and add fresh cilantro and tomato just before serving.

**Curried Eggs & Vegetables - Serves 2-3**

2 tsp. olive oil  
 3/4 cup chopped onion  
 2 slices ginger root  
 1 clove garlic, minced  
 1 teaspoon curry powder  
 6 tablespoons chicken broth  
 3/4 cup bell pepper, cut in thin strips  
 1/2 cup snow peas  
 1/2 cup celery, sliced  
 1 tsp. olive oil  
 3-4 eggs  
 2 Tablespoons water

Heat 2 tsp. olive oil over low heat in large skillet. Sauté onions, ginger root, and garlic until onions are soft. Remove ginger root. Add curry powder and chicken broth to onion mixture and simmer. In a second skillet, heat 1 tsp. olive oil. Beat eggs and water and add to skillet. While eggs are cooking, add remaining vegetables to onion mixture, cover and continue to simmer. When eggs are done but still moist, fold vegetable mixture into eggs and serve on a plate.

**Spiced Eggs - Serves 1**

1/2 cup water  
 1/4 cup onions, sliced  
 1/2 cup summer squash, chopped  
 1/2 cup each spinach, bok choy, watercress, all torn into small pieces  
 2 eggs  
 1/8 teaspoon nutmeg  
 1-2 teaspoons olive oil

Cook onions in water until they begin to soften. Add squash and cook 4-5 minutes. Add spinach, bok choy, and watercress and cook until soft. Do not overcook (they would begin to darken and become brown). Spoon vegetables into a bowl, reserving cooking water. Beat eggs and add nutmeg and 2 tablespoon cooking water. Heat oil and pour eggs into pan. Cook 2-3 minutes. While top is still moist, fill with vegetables and continue to cook. When eggs are done, fold one half of the egg mixture over the vegetables, into an omelet, and serve.

**Spanish Omelet - Serves 1**

1/2 cup water	1 Tablespoon arrowroot (optional)
1/4 cup onions, chopped	2 Tablespoons water
1/4 cup celery, chopped	1/2 cup tomato, chopped
1/4 cup green pepper, chopped	2 eggs
1/4 cup zucchini or crookneck squash, chopped	1 teaspoon olive oil
	1/4 cup parsley, chopped

Begin by cooking onions in water for 1-2 minutes. Add celery, green pepper, and squash and continue cooking until soft. In a separate bowl, stir arrowroot into water. Move vegetables to edge of pan and stir arrowroot into cooking liquid, mixing well. Add tomatoes, reduce heat to simmer and cover. Beat eggs. Heat oil in a second skillet over low heat. Pour eggs into pan and cook gently. When the eggs are done, mix in vegetables, warm, and remove. Sprinkle parsley over all and serve.

**Mock Oatmeal - Serves 1**

1/3 cup TVP (texturized vegetable protein)  
 1/2 cup unflavored soy milk  
 1/2 tsp. vanilla flavoring  
 2 Tbsp. chopped almonds (or other favorite allowable nuts)  
 pinch of stevia to taste  
 cinnamon

Mix TVP and soy milk in a ceramic microwavable bowl and microwave 30 seconds. Stir and add remaining ingredients and top with a sprinkle of cinnamon.

**Silken Smoothie - Serves 1-2**

1 carton silken tofu  
 2-3 Tbsp. cashew, hazelnut, or almond butter  
 soy milk to desired consistency (approximately 1/2 - 1 cup for medium-thick consistency)

Place all ingredients in a blender and puree until smooth. Optional ingredients: ground flax seed, flax oil, or spirulina powder.

**UltraBalance Berry Shake - Serves 1**

1 scoop UltraBalance protein supplement (15 grams protein)

1/2 cup unsweetened strawberries, not packed (approximately 5 average sized berries) OR

2/3 cup unsweetened blueberries

8 oz (1 cup) water or unsweetened soy milk

Optional: Fiber supplement as directed by your clinician

Combine ingredients in a blender and mix well. You may try substituting part of the water with 2-3 ice cubes or you may use frozen fruit. You will need to increase liquid if adding fiber.

**Selected Lunch Recipes****Mixed Greens Salad with Tofu or Tuna - Serves 1**

1 cup tofu cubes or tuna chunks (salmon, chicken, or turkey can substitute)

2 cups mixed greens

1/2 cup celery, chopped

Red and/or green cabbage, shredded

½ cup garbanzo, kidney or other beans of your choice

1 Tbsp. minced parsley

Slice tofu into 1/2" x 1" pieces, or break tuna into chunks. Add remaining ingredients and top with dressing of your choice from below.

**Dressings (choose one):**

1. 1/2 cup olive and/or flax oil to 1/4 cup lemon juice. Add crushed garlic, oregano, and basil. Whisk in mustard powder, salt and pepper to taste.
2. Thin tahini (sesame butter) with water and drizzle over salad.
3. 1/2 cup plain yogurt, 1/4 cup chopped chives, 1 small clove minced garlic
4. Whisk 1-3 Tbsp. plain yogurt (to taste) into dressing #1

**Deluxe Tuna, Chicken, or Turkey Salad- Serves 2**

Add the following ingredients to 1 cup leftover tuna, chicken, or turkey (or use a 7 oz. can):

2 hard boiled eggs, chopped

1 - 2 Tablespoon Mock Mayo (see below), or hummus

1/2 cup shredded and chopped cabbage

2 Tablespoons cilantro or parsley, chopped

**Stuffed Pepper Variation - Serves 2**

Make above salad and substitute 1-2 tsp. fresh dill, chopped for cilantro and stuff into 2 medium red peppers. Serve cold.

**Mock Mayo I**

1 pound tofu

1/2 cup lemon juice

1 cup cold-pressed safflower or canola oil

1 teaspoon sea salt

1/2 teaspoon dry mustard powder

1-2 garlic cloves (optional)

In a blender, whip all ingredients together until thick. Store in refrigerator. You may freeze half. You may also be creative and try adding paprika, celery seed, or any other favorite spice.

**Mock Mayo II**

- 1 egg
- 1/2 teaspoon sea salt
- 1/2 teaspoon dry mustard
- 2 Tablespoons lemon juice
- 1 cup cold-pressed canola or safflower oil

Put egg, seasonings, lemon juice and 1/2 cup oil into blender and process at high speed. While blender is still running, remove top and pour in remaining oil in as a steady stream. Continue until oil blends in. Store in refrigerator.

**Spinach Salad – Serves 1**

- 1/2 cup chopped walnuts or pecans
- 1 clove crushed garlic
- 1 Tbsp. olive oil
- 2 cups chopped spinach greens
- 1 or 2 hard boiled eggs
- 1/4 cup sliced black olives
- 10 cherry tomatoes

**Walnut or Pecan Dressing:** Sauté 1/2 cup chopped walnuts or pecans and 1 clove crushed garlic in 1 Tbsp. olive oil. Allow to cool. Toss dressing #1 with spinach and remaining ingredients. Garnish with garlic and walnut/pecan saute.

**Bean Salad - Serves 4**

Combine the following ingredients and chill for an hour before serving:

- 2 cups black beans (or other favorite bean)
- 1 red pepper, diced
- 1 yellow or green pepper, diced
- ½ cup diced red onion or scallions
- 1 cup cherry tomatoes (optional)
- 1/4 cup olive oil
- 1 Tbsp. lemon juice
- 2 tsp. ground cumin seed

**Chilled Shrimp - Serves 1**

- 6 large unpeeled shrimp or prawns
- 3 cups boiling water
- lemon juice

Add shrimp to boiling water. Remove the shrimp when they turn pink (about 5 minutes), drain, set aside. Shell the shrimp. Drizzle with lemon juice and serve. May be added to salad greens.

**Creamy Cold Tomato Soup - Serves 5**

- 1 cucumber, chopped
- 1 scallion, chopped
- 1 clove garlic
- 4 cups tomato juice
- 1 cup plain yogurt
- 1 green pepper, chopped
- 1/2 tsp. dill weed
- tomato chunks for garnish

Combine all ingredients (except yogurt) in small amounts in blender and blend until smooth. Use salt sparingly if needed, and pepper to taste. Whisk in yogurt. Chill several hours before serving and garnish as desired with tomato.

### **Beans and Greens Soup - Serves 6**

2 cups white kidney beans (or other white beans)  
 2 cups kidney or red beans  
 1 1/2 cups chick peas  
 3 cups fresh spinach, escarole, or swiss chard, washed, drained and chopped OR  
 1 pkg 10 oz. frozen chopped spinach  
 4 cups chicken or vegetable broth  
 2 large onions, chopped  
 2 cloves garlic, minced  
 1 tsp. dried basil or 1 Tbsp fresh basil  
 1 Tbsp. dried parsley or 2 Tbsp fresh parsley  
 1 tsp. dried oregano or 2 tsp fresh oregano

Beans may be canned or cooked from dry. If canned, organic is preferred, and include any liquid from the beans. Combine all ingredients and simmer about 45 minutes to 1 hour. Add pepper to taste.

### **Lentil Soup - Serves 4**

2 cloves garlic, minced  
 1 medium onion, chopped  
 2 large carrots, sliced or diced  
 2 stalks celery, diced  
 1 1/2 cups red and/or green lentils, rinsed well  
 2 quarts water  
 pinch thyme or any seasoning you like  
 1 bay leaf  
 salt to taste

Combine first 6 ingredients and bring to boil (red lentils should be added 25 minutes later as they need a shorter time to cook). Add seasonings. Reduce heat to medium-low and simmer, covered 45 minutes to 1 hour, until lentils are soft. Remove bay leaf before serving. Puree half in the blender if you prefer a creamy soup.

### **Vegetable Soup - Serves 1-2**

1 teaspoon olive oil  
 1 red or green pepper, chopped  
 1 clove garlic, minced  
 16 ounces chicken broth  
 4 ounces cubed silken tofu  
 1 large leek, chopped  
 1/2 cup celery  
 1 cup green beans  
 1/2 cup kidney beans (optional)  
 2-4 Tablespoons parsley or cilantro, to taste

Saute leek, garlic, pepper, celery in olive oil until slightly brown. Add remaining ingredients and simmer until vegetables are softened.

**Quick Steamed Greens** - Choose any of the following: beet greens, bok choy, collard greens, dandelion greens, endive, kale, mustard greens, spinach or swiss chard.

For greens with tough stems, tear leaves away from the stem before washing. Wash carefully (fill sink with cold water, submerge greens and rinse well). Chop into bite-sized pieces. Steam tender leaves for about 2-5 minutes, and tougher greens (kale, collards) 5-10 minutes. Sauté 2-3 chopped cloves garlic in 1 Tablespoon olive oil. Toss steamed greens with olive oil and garlic. Serve with a squeeze of fresh lemon if desired.

### **Italian Tofu - Serves 2-3**

1 cup tomato puree  
 1 cup water  
 1 cup broccoli  
 1 cup cauliflower  
 1/4 teaspoon sea salt  
 2-3 cloves minced garlic  
 1/2 teaspoon parsley  
 1 teaspoon basil  
 1/2 teaspoon oregano  
 8 ounces tofu, cubed

In a saucepan, combine all ingredients except tofu. Simmer until vegetables are tender and flavors are blended. Drain tofu from package and cube. Gently fold tofu into tomato mixture. Heat through and serve.

### **Celery Root Salad - Serves 3-4**

1 pound celery root, peeled  
 1 ½ teaspoons sea salt  
 1 ½ tsp. lemon juice  
 1 Tbsp. Dijon mustard  
 3 Tablespoons boiling water  
 1/3 cup olive oil  
 additional 2 Tablespoons lemon juice  
 2 tbsp freshly minced parsley

*Note: this recipe requires a food processor to shred the celery root.* In a bowl, combine the sea salt and 1 1/2 teaspoons lemon juice. Peel the brown off the outside of the celery root with a sharp knife. Cut into 1" chunks and shred in a food processor. Immediately place into the bowl with the sea salt and lemon juice to help prevent discoloration and for mild tenderizing action. Allow to steep for 20 minutes, stirring occasionally.

Warm a bowl. Slowly whisk the Dijon mustard while drizzling in the water, then add the oil, and finally 2 Tablespoons lemon juice to make a thick creamy sauce.

Taste the shredded celery root. If it seems salty, rinse in cold water, drain, and dry. Fold into the sauce and correct seasoning. Fold in the parsley. If you keep for a few days, it will continue to tenderize.

## Selected Dinner Recipes

### **Grilled Vegetables - Serves 2-3**

1 eggplant, cut into 1/2 inch rounds  
 1 red and green pepper, cut into large wedges  
 1 onion, cut into large wedges  
 1 summer squash, cut into long, thick strips  
 1 zucchini, cut into long thick strips

Preheat grill. Brush both sides of each vegetable piece with a light coat of olive oil. When coals are hot, place vegetables on grill and cook on each side until brown. Eat alone, or on a mixed green salad.

### **Stir-fried pea pods – Serves 2 -3**

1 tsp sesame oil  
 1 bunch scallions, chopped  
 ½ pound sugar snap peas, washed  
 1 tsp sesame oil  
 ¼ cup pignoli nuts

In a heavy fry pan or wok, heat 1 tsp. sesame oil over low heat. Add scallions and sauté for 3-4 minutes. Add nuts and continue sautéing for several more minutes. Remove from pan and set aside. Remove string from snap peas and stir-fry in 1 more tsp. sesame oil for 3-4 minutes. Toss scallion/nut mixture in and serve immediately.

### **Ratatouille - 6 servings**

1/4 cup olive oil  
 2 large onions, sliced  
 3 minced garlic cloves  
 1 medium eggplant, cut into 1-inch cubes  
 2 green peppers, chopped  
 3 zucchini, cut into 1/2-inch slices  
 1 28 oz. can tomatoes, drained  
 1/2 tsp. salt  
 1/4 tsp. pepper  
 1 tsp. oregano  
 1/2 tsp. thyme

In a 6-quart pot, sauté onion and garlic in oil for 5 minutes. Add eggplant and cook 5 more minutes. Add peppers and cook 5 more minutes. Add zucchini and cook 5 more minutes. Add tomatoes and seasonings, then cover and simmer for 30 minutes.

### **Stir-Fry Vegetables with Tofu, Salmon, Shrimp, Chicken, or Turkey**

1-3 teaspoons sesame oil  
 1 teaspoon ginger, grated  
 In any amount: broccoli, cabbage (thinly sliced or shredded), celery (slant cut), bok choy (sliced), onion or scallions (slices or diced), sliced water chestnuts, and bamboo shoots  
 firm tofu, cubed (or cooked shrimp, chicken, turkey, or salmon cut into cubes)  
 ¼ cup chicken broth or coconut milk

Preheat cast iron skillet or wok. Add oil after preheating. Quickly sauté the ginger (1 minute), then add all of the vegetables and sauté until they begin to soften, stirring continuously. Add choice of protein and sauté for 2-3 minutes. Then add broth or coconut milk and stir until all ingredients are warmed through. Serve immediately. Servings depend on the amount of vegetables and protein used.

### **Chinese Soup - Serves 1-2**

2 cups chicken broth  
 1 scallion, sliced  
 1 egg  
 1/4 package silken tofu, cubed

Warm scallion in broth. Turn up the heat so that liquid is almost boiling. Using a whisk or fork, beat the egg and then dribble it into the hot broth while stirring rapidly so that egg coagulates into thin noodle-like strands. Continue to stir and cook only until the egg is firm. Add tofu cubes toward the end and warm through.

**Vegetable Beef Soup - Serves 3-4**

Beef bones  
 2 cups water  
 2 cups sliced onions  
 2 cups chopped celery  
 2 cups green beans, cut in pieces  
 2 cups chopped cabbage  
 chuck roast pieces  
 2 cups fresh tomatoes, chopped  
 sea salt  
 herbs to taste

Simmer the bone(s) in the water with the onion, celery, and green beans for 20 minutes. Add the cabbage and meat. Simmer 10 minutes and remove bones. Continue to cook until meat is tender, then add chopped fresh tomatoes. Season to taste with sea salt and herbs.

**Curried Lentils and Cauliflower - Serves 4-6**

1 cup dried (brown/green) lentils  
 1 bay leaf  
 2 cups water  
 2 teaspoons olive oil  
 1 onion, chopped  
 1 clove garlic, minced  
 1/4 teaspoon sea salt  
 1 teaspoon curry powder  
 1 teaspoon cumin  
 1 teaspoon turmeric  
 1 small head cauliflower, cut into flowerets  
 1/2 - 1 cup tomato sauce (no sugar added)  
 1 teaspoon grated gingerroot  
 1/4 - 1 cup water

Rinse lentils several times and place in a medium soup pot with bay leaf and water. Bring to boil, lower heat, cover and simmer 25-30 minutes until soft. Heat oil in another large pot while lentils are cooking. Sauté onion, garlic until soft. Add spices and remaining ingredients. Cover and simmer until cauliflower is tender (10-15 minutes). Stir cooked lentils into cauliflower-tomato mixture, and discard the bay leaf. Dress with plain yogurt if desired.

**Tempeh Stew - Serves 3-4**

6-8 cups chicken broth  
 12-16 baby onions or scallions, chopped  
 1 pound tempeh, cut into 1" squares  
 Broccoli and cauliflower florets  
 1/4 head Chinese cabbage  
 3 stalks celery, sliced  
 1/2 pound green beans

Bring chicken broth to a boil and add onion. Reduce heat and simmer 5 minutes. Add tempeh. Cook for 1/2 hour. Add remaining vegetables and cook until they are tender.

**Tempeh Spaghetti Squash - Serves 2-3**

1 Tablespoon olive oil  
 1 large onion, chopped

2 cloves garlic, minced  
 1/2 teaspoon sea salt  
 8 ounces tempeh, crumbled  
 2 cups chopped zucchini, broccoli, and green pepper (any combination )  
 2 Tablespoons chopped fresh basil leaves or 1 tsp. dried  
 2 Tablespoons chopped fresh oregano or 1 tsp. dried  
 1 15-ounce jar of organic tomato sauce (or other with no sugar added)  
 1- 1 1/2 cups water

Bake 1 small spaghetti squash until done. Set aside to cool. Meanwhile, in a large skillet, heat oil and sauté onion, and garlic, until soft. Add crumbled tempeh bits to onion mixture and brown well. Add chopped vegetables, herbs, tomato sauce, salt and water. Stir, cover, and simmer 10-15 minutes. Cut spaghetti squash in half to scrape out “spaghetti” strands with a fork. Top “spaghetti” strands with tempeh-vegetable mixture and serve with a green salad.

### **Turkey Chili - serves 8**

2 pounds ground raw turkey  
 2 16 ounce cans tomatoes, cut up  
 2 15 ounce cans red kidney beans, drained  
 1 8 ounce can tomato sauce  
 1/2 cup chopped onion  
 1-2 Tbsp. chili powder  
 1 tsp. dried parsley flakes  
 3/4 tsp. dried basil, crushed  
 3/4 tsp. dried oregano, crushed  
 1/2 tsp. black pepper  
 1/2 tsp. ground cinnamon  
 1 clove garlic, minced  
 1/4-1/2 tsp. ground red pepper  
 1 bay leaf  
 green or yellow sweet peppers cut into rings (optional)

In a 4 quart Dutch oven cook the turkey until it is no longer pink. Drain off fat. Stir in undrained tomatoes, drained kidney beans and remaining ingredients, except for pepper rings. Simmer uncovered for 45 minutes. Garnish with pepper rings if desired and add more chili powder as needed.

### **Tofu Mash**

1/4 pound tofu  
 1-2 teaspoons tahini

Put ingredients in a food processor and blend until smooth. Add a touch of liquid if necessary to allow for better processing. Serve with vegetables.

## Selected Snack and Condiment Recipes

### **Roasted Nuts or Seeds**

To roast nuts or seeds, heat oven to 350 degrees. Place nuts or seeds in a shallow baking pan, in one layer. If they are various sizes, you may wish to roast separately as cooking times will vary (larger pieces like almonds or hazelnuts will take longer than sunflower seeds). Stir occasionally to cook the pieces evenly. Mixture is done when they darken just slightly and exude a wonderful, nutty aroma. Cool and store in an airtight container.

**Walnut Spread – yield 1¼ cups**

1 cup garabanzo beans  
½ cup chopped walnuts  
½ cup basil leaves  
2 Tbsp. olive oil  
2-3 tsp lemon juice  
dash salt and pepper

Drain beans and reserve liquid. In a blender or food processor, combine beans with 2 Tbsp. bean liquid and remaining ingredients. Cover and blend until smooth. Add additional liquid as needed and scrape sides of bowl periodically. Use as a dip for raw veggies and store in refrigerator.

Use within in 5 days.

**Roasted Garlic**

In any quantity desired, cut the root (bottom) side of the garlic bulb off so that it has a flat even surface and so that the cloves are now exposed. Add 1/4 - 1/2 teaspoon olive oil and rub over the cut area and around the outside. Wrap them in foil, placing root end up (cut end with olive oil up), or place in a garlic baker (which can be purchased in kitchen stores) for approximately 35-45 minutes at 350 degrees. Add roasted garlic to dressings, soups, and salads – or use as a spread.

**Roasted Red Peppers**

In any quantity desired, place red peppers on a lightly greased cookie sheet and place in the oven on “broil.” As the skin blackens, turn to the other three sides. When the pepper is blackened on all four sides, place in a paper bag and seal for 10 minutes to “sweat”. After cooling, gently remove the charred skins. As you do this, save any juice that accompanies the peppers. Cut into chunks or strips and marinate in olive oil and garlic slivers. Serve as a garnish for green salads, or mix into tuna or chicken salad.

## **Candida Control Diet Shopping List**

### **Vegetables**

- Artichoke
- Arugula
- Asparagus
- Bamboo shoots
- Beet tops
- Bok choy
- Broccoli
- Broccoli sprouts
- Cabbage – all types
- Carrots
- Cauliflower
- Celery
- Chives
- Cilantro
- Cucumber
- Dandelion greens
- Eggplant
- Endive
- Garlic
- Green beans
- Jicama
- Kale
- Kohlrabi
- Leeks
- Lettuce- red or green leaf and all types of greens
- Okra
- Onions
- Parsley
- Peppers (all kinds)
- Radish
- Red leaf chicory
- Sea vegetables- seaweed, kelp, nori, dulse, hiziki
- Peas – all types
- Spinach
- Sprouts (\*broccoli and bean)
- Swiss chard
- Tomatoes
- Watercress
- Zucchini

### **Flesh Foods (organic when possible)**

- Chicken, Cornish game hens, turkey, duck
- Fresh ocean fish – Pacific salmon, halibut, haddock, cod, sole, pollack, tuna, mahi mahi, etc.
- Shellfish
- Water-packed canned tuna, turkey, chicken, salmon
- Lamb
- Wild game
- Lean beef or pork
- Eggs

### **Meat Substitutes**

- Tofu- regular and silken
- Tempeh
- TVP

### **Beans**– 1 cup/day

- All beans
  - Lentils - brown, green, red
  - Split peas - yellow, green
- All the above beans can be bought dried or canned without added sugar*

### **Oils**

- Almond
- Flax seed
- Canola
- Olive
- Pumpkin
- Safflower
- Sesame
- Soy
- Sunflower
- Walnut

### **Dairy and Substitutes**

- Plain cow yogurt with live cultures
- Plain goat yogurt
- Plain soy milk – read labels for sweeteners
- Coconut milk
- Fresh, unaged goat cheese
- Soy cheese\*

### **Nuts and Seeds**

- Almonds
- Cashews
- Flax seeds
- Hazelnuts (Filberts)
- Pecans
- Pignoli nuts
- Poppy seeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

*All of the above can be consumed as nut butters and spreads (e.g., Tahini)*

### **Vinegar Replacements**

- Lemon and lime juice
- Vitamin C crystals

### **Beverages**

- Herbal tea (non-caffeinated)
- Mineral water
- Spring water
- Distilled water

### **Miscellaneous**

- All spices
- Olives (without vinegar)

\*Westbrae makes one soymilk that does not contain sweetener – read the labels carefully. Tofu Rella makes a soy cheese without maltodextrin. If you have an allergy to dairy, it may be to casein, a protein in most soy cheeses – and you should avoid them.