DYSBIOSIS DIET:
For control of Candida, Bacteria, Viruses & Parasites

**DIRECTIONS:** Eliminate the following foods from your diet, which have been shown to exacerbate dysbiosis, candidiasis and intestinal parasites due to their sugar, yeast and fermented food content. Okay fruits and Nuts/Butters are acceptable foods that will not exacerbate dysbiosis.

**SUGARS**
- Beet sugar
- Cane sugar (turbinado)
- Corn sugar (“Cerelose,” dextrose, “Dyno”)
- Corn syrup (“Cartose,” glucose, “Sweetose”)
- Fructose
- Honey and related products
- Maple syrup, sugar
- Molasses

**FRUITS**
- Apricot
- Banana
- Cantaloupe
- Cherry (sour, sweet)
- Coconut (oil, meal, milk, meat)
- Currant (red, black, white)
- Date
- Date plum
- Fig (all varieties)
- Grape (all varieties)
- Grapefruit (all varieties)
- Kiwi fruit
- Loganberry
- Mango
- Mulberry
- Nectarine
- Orange (all varieties)
- Pear
- Persimmon (American, Japanese)
- Plum
- Pomelo
- Prune
- Raisin (all varieties)
- Raspberry (black, purple, red)

**OKAY FRUIT**
- Casaba melon
- Watermelon
- Apples
- Blackberries
- Lemons, limes
- Blueberries
- Papaya
- Pineapple
- Pomegranate
- Strawberries
- Peaches

**VEGETABLES**
- Chinese yam (potato)
- Morel Mushroom
- Plantain
- Poi
- Tapioca
- Taro (root)
- Yam (sweet Potato)

**NUTS/NUT BUTTERS**
- Brazil nut
- Butternut
- Cashew
- Cola nut (colae Kola)
- Hickory nut
- Macadamia nut
- Pecan
- Pistachio
- Walnut (black, English)

**OKAY NUTS/NUT BUTTERS**
- Almond
- Chestnut
- Hazelnut
- Filberts
- Pine nuts

**MISCELLANEOUS**
- Apple cider vinegar
- Baker’s yeast
- Black tea
- Brewer’s yeast (nutritional yeast)
- Buckthorn (tea)
- Chocolate (cacao)
- Cocoa
- Cocoa butter
- Cream of tartar
- Hops (alcohol)
- Pickles (cucumber, gherkin)
- Vinegar (cider, wine)

**ANIMAL PRODUCTS**
- Cheese (bacteria-, mould-, or yeast ripened)
- Asiago
- Bel Paese
- Bleu/blue
- Brick
- Brie
- Camembert
- Emmental
- Gorgonzola
- Gruyere
- Muenster
- Roquefort
- Stilton
- Swiss
- Pork
Other suggestions for dealing with dysbiosis

- **Eat two Large chopped salads each day**: Normal flora feed on vegetable fiber. Eating the chopped salads will help normal, beneficial bacteria to thrive.

- **Chew your food thoroughly**: This improves digestion, breaking down food particles and mixing them with salivary enzymes. The better your digestion, the easier it is to treat dysbiosis.

- **Don’t eat a lot of meat**: You don’t have to avoid it completely (unless allergies are an issue). Eating too much meat can feed certain species of undesirable bacteria. Your doctor will make specific dietary recommendations.

- **Avoid dairy products**.

- **Eat plenty of raw vegetables**: Raw foods contain enzymes and aid digestion.

- **Find and eliminate any allergens**: Avoiding hidden allergies will reduce the burden on the immune system.