Low-Oxalate, Candida, AutoImmune Elimination Diet Food List

Eliminate all gluten, grains, starchy vegetables, nuts, soy, and cocoa. Some starchy foods such as quinoa, squash, beets, and sweet potatoes may be used sparingly.

Aim for 3 low carb days with only one serving of fruit and then 1 day where the amount of carbs is increased. For one day of intake: keep berries to ¼ a cup or less and additional fruit should be ½ of the fruit.

**Net Carbs = Carbs – Fiber** Net carbs should be around 40 grams or less.

On the higher carb day, aim for 2-3 servings of low glycemic fruit (see list below) and 1-2 servings of starchy vegetables. Net carbs should be around 100 grams or less for this cyclic carb day.
### Low-Oxalate, Candida, Autoimmune Elimination Diet Food List

#### Healing Herbs
- Basil
- Chamomile
- Cilantro
- Lavender
- Lemon Balm
- Mint
- Parsley
- Rosemary
- Sage
- Tarragon
- Bay leaves
- Chives
- Dill

#### Pantry
- Organic raw apple cider vinegar
- Coconut flakes
- Sardines
- Coconut flour
- Coconut butter
- Canned salmon
- Flax crackers

#### Spices and Sweeteners
- Cinnamon
- Garlic
- Onion powder
- Saffron
- Ginger
- Cloves
- Pink salt
- Turmeric
- Shallots

#### Teas and other
- Organic green tea
- Dandy blend-coffee substitute
- Teeccino coffee substitute
- Organic herbal teas

#### Autoimmune
Make your goal for fruits to be ¼ a cup of berries or ½ of an apple or grapefruit. This limits sugar for candida. Try to get one whole avocado and 4-6 tablespoons of coconut oil a day.

Most individuals with Candida have serious gluten sensitivities. It is very important to eliminate all gluten containing grains and most grains all together other than small amounts of quinoa or small amounts of root vegetables such as beets, sweet potatoes and squash from time to time.

#### Fermented Foods
These should be avoided for first 40 days due to candida overgrowth. They may be reintroduced one at a time after the 40 day period. They should be reintroduced slowly and in small quantities, such as 1 tablespoon, to allow the digestive system to adjust.

Coconut milk yogurt is the only approved fermented food for the first 40 days.

These may be introduced after the first 40 days:
- Sauerkraut
- Kimchi
- Grass fed cow or goat kefir or yogurt
- Coconut water kefir
- Kombucha
- Pickles
- Pickled ginger
- Miso