

When your gut flora is balanced, candida is part of a normal system that helps with digestion and nutrient absorption. Keeping that balance requires paying attention to what we eat. Since candida metabolizes dietary sugar and uses it to grow, it’s a good idea to reduce sugary foods (sweetened beverages, fruit juices, candies, sugary desserts, etc.) and foods that convert to sugar, including alcohol, breads and dairy products (EXCEPT natural yogurt with live probiotic cultures).

A healthy candida-prevention diet is low in sugar and high in vegetables that provide antioxidants and nutrient density. Other recommended foods are lean meat, fish, poultry, eggs, healthy fats, nuts and seeds, brown rice, wild rice, quinoa, oats, buckwheat, beans, peas and lentils.

If you’re already experiencing candida infection symptoms, consult your health professional.

Candida is a fungus that’s normally present in the mouth, digestive system and skin. We all have small amounts of candida, but as long as we’re healthy, our immune system keeps it from reproducing quickly.

Unfortunately, people with weak immune systems—like infants, the elderly, people on antibiotics, and HIV patients—can suffer from severe candida infections. These can include mouth and throat infections like thrush, skin rashes, yellow and cracked toenails and fingernails, and vaginal yeast infections. Candida is the most common cause of fungal infections worldwide.

What you need to know about candida and how to avoid it.