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Candidiasis affects up to 75% of women, with oral and vaginal infection being the most common.

Predisposing factors include diabetes, use of oral contraceptives, antibiotic therapy, pregnancy, immunosuppression and old age.

Usually candida albicans lives harmoniously in the digestive and vaginal tracts of women. However, when this yeast overgrows, it may contribute to damage to the gastrointestinal lining via the production of toxins. This can potentially lead to increased intestinal permeability, otherwise known as leaky gut syndrome. This can ultimately lead to a weakened immune system.

Symptoms may include fatigue, allergies, chemical sensitivities, depression and digestive disturbances. Oral candidiasis (thrush) appears as a small, white, rounded plaque and causes pain when eating. Other common presentations include irritable bowel, chronic fatigue and brain fog. Candida may also compromise your immune system, which may result in food intolerance to gluten cereals (wheat, oats, rye, barley) and dairy products.

The aim of the eating plan in controlling candidiasis is to limit those foods on which candida thrives (such as **Refined CHO**– white bread and sugar), **Yeast containing foods**– Vegemite, orange juice, alcoholic beverages, cheese, dried fruit, coffee and tea to starve candida of its food source of refined carbohydrate and yeast-based foods.

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## DIETARY SUGGESTIONS

1. Normalise bacteria by supplementing with a good quality probiotic (acidophilus/bifidus) or increasing one's intake of acidophilus yoghurt, for example Jalna or Tasmanian Tamar Valley plain low-fat yoghurt (Yakult is not a good idea as it is approximately 60% refined cane sugar).
  2. A reduced low glycaemic index carbohydrate diet is recommended.
  3. Reduce sugar intake, especially honey, maple syrup and fruit juice.
  4. Maintain a wheat/yeast free diet. Consume grains such as rice and millet.
  5. Restrict milk and foods with a high yeast content.
  6. Eat foods containing natural anti-fungal agents such as garlic, ginger, herbs, spices and fresh green leafy vegetables.
  7. Reduce stress by practising relaxation techniques such as tai chi, yoga or gentle exercise.
  8. Avoid unnecessary antibiotic use.
  9. Wear cotton underwear and avoid pantyhose.
  10. Vitamin C, zinc, selenium and a multivitamin may be beneficial.
  11. Cinnamon lozenges may be helpful for thrush.
  12. See a qualified holistic health professional trained in nutritional and environmental (integrative) medicine who can comprehensively evaluate your symptoms and who can develop an individualised, strategic intervention plan.
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# Candida



**Freedom Foods**

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July 2005

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## CANDIDA PRODUCTS

- ★ No added sugar
- Low GI
- ♣ Yeast free

### Biscuits – 97% Fat Free

- ♣★ Apricot Temptation (GI - 47)
- ♣★ Spicy Apple Sensation (GI - 47)
- ♣★ Blueberry Bliss (GI - 47)
- ♣★ Sticky Date (GI - 47)
- ♣★ Zesty Ginger (GI - 47)

### Fruit Spreads

Gluten Free, Wheat Free

- ♣★ Apricot (GI - 29)
- ♣★ Raspberry (GI - 26)
- ♣★ Strawberry (GI - 29)
- ♣★ Marmalade (GI - 27)

### Snacks – Gluten Free, Wheat Free

Baked Corn Chips

- ♣★ Plain

Fried Corn Chips

- ♣★ Plain
- ♣★■ Chick Pea Chips (GI - 44)
- ♣★ Potato Chips
- ★ Snack bread - *dry crackers*

### Confectionery – Gluten Free, Wheat Free

Fruit strips enriched with a vitamin & mineral blend

- ♣★ Apple & Apricot (GI - 29)
- ♣★ Pear & Peach (GI - 29)
- ♣★ Apple & Plum (GI - 29)

### Slices/Bars - Gluten-free, Wheat-free

- ♣★ Strawberry Multipack – **Medium GI (58)**
- ♣★ Super Berry Breakfast Bar - **Medium GI (57)**
- ♣★■ Omega Bar - gluten free (GI - 21)
- ★■ Hi-Lite Bar – 98% Fat Free (GI - 53)
- ♣★■ Gluten Free / Wheat Free Breakfast Bar

### Breakfast Cereals

- ♣■ Yeast Free / Wheat Free Muesli (GI - 44)
- ♣★ Rice Flakes with Psyllium, gluten free
- ♣ Rice Puffs with Psyllium, gluten free
- ♣ Corn Flakes with Psyllium, gluten free
- ♣★■ Porridge Quick Oats - Contamination Free (GI - 50)

### Pastas

Gluten-free, Wheat-free

Enriched with a vitamin & mineral blend & added fibre

- ♣★ Enriched Rice (GI - 51)
- ♣★ Enriched Spaghetti (GI - 51)

### Sauces

Gluten Free, Wheat Free

- ♣★ Tomato Pasta Sauce

### Bakery

Gluten free, Wheat free

- ♣★ All-Purpose Flour
- ♣★ Pancake Shake **Medium GI (61)**
- ♣■ Corn Fritter (GI - 34)

**Cookbook (RRR \$24.95)**

### Low Allergenic Fragrant Free Body Range

- ▶ Natural shampoo & conditioner
- ▶ Crystal deodorant stick
- ▶ Crystal deodorant spray
- ▶ Crystal roll on deodorant
- ▶ Aluminum free roll-on Deodorant.
- ▶ Body soap

**Avoid any of these Freedom Food Products if a known allergy exists.**

Glycemic Index (GI) is a ranking of carbohydrate according to their effect on blood glucose levels.

The GI has been tested by the International Diabetes Institute using approved methodology.

Low GI  $\leq$  55

Medium GI = 56-69

High GI  $\geq$  70

The Freedom Foods cookbook (RRP \$24.95) provides an interesting variety of dishes that makes it easier to cope with the restrictions of candida diets. Visit Freedom Foods website

[www.freedomfoods.com.au](http://www.freedomfoods.com.au) or free-call

1800646231 for further information