

The Anti-Fungal Diet Stage 1

FOODS INCLUDED		FOODS EXCLUDED
SUGARS		Honey, maple syrup, artificial & herbal sweeteners, & all other sugars
FRUIT	Granny Smith apples, grapefruit, lemons, avocado & tomato	All other fruit, including their juices
VEGETABLES	Fresh, unblemished vegetables & their juices	
BEVERAGES	Herb teas, water & unsweetened soymilk	Tea, coffee, fruit juice, cola & soft drinks
GRAINS	Freshly cooked brown rice, spelt, barley, sourdough bread, oats, quinoa, amaranth, millet, buckwheat, rye & a small amount of non-wheat or corn pasta	Wheat & Corn
LEGUMES	All legumes including soy & soy products	Peanuts
YEAST PRODUCTS	None	Yeasted bread, mushrooms, alcohol & marmite/vegemite
VINEGAR	Black olives in brine permitted	Pickles, salad dressings, soy sauce & green olives
OILS	Extra Virgin olive oil, flax oil & coconut oil	Margarine, corn & peanut oil
NUTS	All raw nuts, including coconut	Peanuts & pistachios
SEEDS	All seeds, e.g. pumpkin, sesame & sunflower	
CULTURED FOODS	Tofu, soy yoghurt, Miso, sauerkraut & tempeh	All aged cheeses