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By Eric Bakker N.D.

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Your Healthy Lifestyle & Dietary Information

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Thanks for joining the ericbakker.com e-newsletter. As a valued subscriber, you will receive various high quality patient hand-outs such as these from time to time, the same ones I give to patients who come to see me in my clinic. This is a particularly valuable hand-out as it contains many of the best food choices. Some of the brands or names may vary from country to country, but the principles remain the same.

The success of any good health program, as well as your ability to achieve your health goals whether they be freedom from a blood pressure, a digestive problem like a candida yeast infection, or perhaps weight-loss, improved energy levels and wellbeing, better sleep, or whatever your health goals are, rests mainly on your resolve to focus on several aspects of your health, both now and in the future. Adopting the right diet and lifestyle are both paramount if you wish to not only successfully eradicate your health problem, but wish to keep it away forever.

At www.ericbakker.com, you will find more than 300 articles relating to diet and nutrition, and one of the most important aspects of my work as a professional naturopath is that of recommending healthy diet and healthy eating to my clients. To get the best results with improving your health, I recommend foods that enable you to stop feeding any poor bacterial levels or candida overgrowth you may have, to reduce any foods that you may be potentially allergic to, as well as include in your diet those foods that reduce inflammation, boost immunity and encourage beneficial bacteria and other foods that inhibit and even kill candida and unwanted bacteria in your digestive system. Your healthy diet does not need to be strictly wheat and gluten free, especially if you can tolerate wheat products, but reduce or stop refined (white) flour products and any flour or grain products which incorporate yeast or sugars (such as commercial breads). You will find that there are many wheat free and gluten free suggestions in this shopping list however, if you do decide to go wheat and gluten free.

The idea of this document is to assist you to become a little more educated about your healthy eating options, and to give you a list of suitable foods. This shopping list was not intended to be a document containing many healthy recipes, because you will find many suitable recipes online. Some of the foods or drinks may be unfamiliar to you, but they have been carefully selected with building outstanding health in mind.

Ideally, you will select foods in their most natural state, which are as free as possible of preservatives, colorings and flavorings. Whilst organic and free-range options are desired, for some these may not be an option due to their higher cost or limited availability. You may find your local supermarket or grocery store to have many of the following items, but for a more extensive selection of nuts, seeds, legumes, dried beans, various specialty breads, crisp breads, crackers, biscuits, snack bars and seaweeds you may need to visit your local Health-Food shop. Don't forget your local ethnic or Asian shop where you will find also many suitable foods.

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Your Healthy Shopping List

VEGETABLES

You can use all varieties of fresh vegetables, and it is good to remember that frozen is OK but will always be your second-best choice. Vegetables can be steamed, baked, lightly sautéed or stir fried in a small amount of olive oil, eaten raw or juiced. You can essentially eat any vegetable combined with any other vegetable in any quantity you like.

Raw vegetable salads can be difficult for some people to digest. You may want to steam or bake your vegetables, especially if you experience any digestive discomfort. Raw foods are a great source of vitamins, minerals and enzymes but if you have problems digesting them then you shouldn't eat them completely raw, at least until your digestive system improves. Freshly juiced vegetables are an excellent alternative, as they offer all the benefit of live raw energy foods and may be somewhat easier on your digestive system. Initially, you may notice an increase in intestinal gas and a change in your bowel function from including more vegetables than you normally do. This is result of bacterial fermentation of plant cell wall products that should gradually dissipate. Probiotics and digestive enzyme supplementation may be of benefit in such cases.

- **Leafy green vegetables** – lettuce, spinach, silverbeet, endive, bok choy and other Chinese vegetables.
- **Root vegetables** – carrots, beetroot (include leafy tops), potato, sweet potato, yams, celeriac, parsnip, radishes (including leafy tops), turnips. You should eat this food group with caution when you start with your healthy diet; I discovered that once we take away refined carbohydrates from a person's diet (sugar, soda drinks, alcohol, ice cream, chocolate, commercial breads, etc.) that many they tend to eat plenty of the high starch root vegetables as a substitute. Too many starchy carbohydrates can be a substitute for sweet foods and encourage digestive problems.
- **Cruciferous vegetables** – cabbage, cauliflower, Brussels sprouts, mustard greens, broccoli.
- **Vine vegetables** – cucumbers, zucchini, pumpkin varieties and squash. (Pumpkin and squash are high in starch and should be avoided during the first month).
- **Onion (allium) vegetables** – shallots, spring onions, chives, red and brown onions and garlic.
- **Other vegetables** – asparagus, celery, okra, eggplant, string beans, red, green, yellow and orange capsicums, seaweeds, kelp, and sauerkraut.

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FRUITS

Don't load up on lots of fresh or dried fruits when you snack. A common misconception is that many pieces of fruit is 'good for your health', when in fact you may be consuming too much sugar. It is important to point out that some fruits are better than others when it comes to eliminating and recovering from a yeast infection, and I have found that fresh fruits tend to be considerably less of a problem than dried fruits, because it is too easy to eat far to much dried fruit, and end up with bloating and gas as a consequence. Citrus fruits and all fruit juices (except for lemons and limes) are best reduced until your digestion has improved significantly because they contain too much sugar in the form of sucrose and fructose. Grapefruit and grapefruit juice is probably one of your best citrus options, particularly if you add a few drops of GSE (grapefruit seed extract) which is cleansing and restorative of digestive function. Remember, if it tastes really sweet and especially if you crave a particular fruit then leave it well alone until well down the track.

Best Fruit Choices

Blueberries, boysenberries, kiwi fruit, avocado and green apple (Granny Smith), pomegranate, lemons and limes, and strawberries.

Good Fruit Choices

Pineapple, mango, plums, peaches, nectarines, apricots, oranges, mandarins, bananas, grapes, dates

Poor Fruit Choices

ALL dried fruits – especially figs, dates, apricots, sultanas and raisins, are particularly high in sugar and should be avoided.

FRESH HERBS

There are many herbs with antifungal properties, and the best ones are garlic and oregano. The following herbs are good to incorporate into your diet, try to eat them fresh regularly, especially in summer time when they grow easily and abundantly.

Basil	Mint	Marjoram	Rosemary
Sage	Coriander	Oregano	Parsley
Thyme	Chives	Garlic	Ginger

GRAINS and FLOURS

Rice flour, natural brown rice flakes (gluten free), wholegrain brown rice, barley grass powder, wheat grass powder or shots, alfalfa grass powder, amaranth, rice noodles, rye flakes, buckwheat, soba (100% buckwheat) noodles (Asian shops may have selection here), millet, whole oat flakes, wild rice. There are literally dozens of varieties of rice. Brown and wild rice are the best varieties, and white rice is often a superior choice than wheat products, especially Basmati rice.

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PASTA

Did you know there are more than 600 different kinds of pasta in the world? You don't have to eat a wheat-based pasta, and if you want to avoid wheat and gluten, then try and pasta made from millet, soba (100% buckwheat), quinoa or even mung-bean starch. Rice pasta is available from many health food shops. These pasta selections will be a superior choice over wheat varieties of pasta for those with chronic or severe candida, particularly those with brain fog or chronic digestive problems including leaky gut syndrome.

NOODLES

You can still enjoy eating noodles, and once again, if you don't want wheat or gluten then you do have choices. Rice noodle, rice vermicelli (Asian section), rice sticks, rice paper. Soba noodles (get 100% buckwheat), udon, or ramen. Some may be harder to get than others, try the Asian section of your supermarket or an Asian, ethnic or a specialty food shop.

PULSES

Pulses are the edible seeds of legumes, like lentils, beans, peas and chickpeas. Each of these pulse varieties comes in a wide range of colors and sizes. The name pulse is derived from the Latin *puls* meaning thick soup or potage. Many early civilizations developed around diets of pulses for protein, combined with a cereal crop to provide energy. Beans and corn are examples from the Americas, while pita breads and humus (chickpea or garbanzo based) are Middle Eastern examples. You may not have eaten pulses much in the past; they are a great way to reduce your meat intake and are a very healthy addition to your diet. Pulses are great in emergencies as well when you don't have meat. They are perfectly fine to eat, but go very easy when you start to incorporate them into your diet, especially if you have not eaten them much in the past. Start with small amounts, your digestive system may find it hard going at first and I recommend you take a probiotic and digestive enzyme regularly, you will digest pulses better and reduce the amount of bloating and gas which may occur.

Adzuki Beans	Butter Beans	Flageolet Beans	Red Kidney Beans
Black-eye Beans	Cannellini Beans	Haricot Beans	Sprouted Beans
Broad Beans	Chickpeas	Lentils (red/green)	

PULSES (DRIED)

Your health food shop will often carry a large selection of lentils, beans and chickpeas (also called garbanzo beans, get the large, plump ones) red lentils, green lentils, blue peas, split peas, and many more varieties.
Asian stores often have a good selection, they also have black beans (adzuki) which are harder to get elsewhere.

PULSES (CANNED)

Butter beans, five-bean mix, red kidney beans, lentils, chickpeas, cannellini beans, lentils, white beans, chickpeas, butter beans.

NUTS & SEEDS

Nuts and seeds are a true nutritional powerhouse; they are packed with protein and many minerals. You will find these in the bulk-food bins at your local supermarket or in your health-food shop. Choose fresh and unsalted, buy small amounts and consume small amounts regularly, remember that they are high in calories. Don't buy if soft and stale nuts,

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and avoid peanuts, they are not true nuts but legumes that grow underground in pods. Peanuts are potentially allergy causing and best avoided in my opinion, it is too easy to buy stale peanuts as well. Here are the best varieties of nuts and seeds:

Almonds	Chestnuts	Flaxseeds	Pumpkin Seeds	Brazil Nuts
Coconuts	Hazelnuts	Sesame Seeds	Cashews	Pine Nuts
Sunflower Seeds				

BREADS

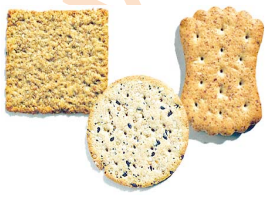
Whole Grains

It is a common misconception that for optimal health, everybody should follow a no grain and 100 percent gluten free diet. I am not an advocate of this, you will most certainly need to avoid gluten if you are a celiac or have a gluten allergy, but not everybody has a gluten allergy. Gluten is often to blame when a person has a chronic ongoing digestive or health problem, but try blaming the levels of poor bacteria and a candida yeast over-growth in the digestive tract before you eliminate all gluten containing foods. Perhaps you are eating commercial meats containing antibiotics? However, some with chronic health problems may have developed food allergies and leaky gut syndrome and have become more sensitive to the effects of gluten. You are OK to eat wheat and gluten products in most cases, providing you eat bread for example made from just whole meal flour, salt and water, bread which contains no yeast or sugar. Have you tried sourdough bread yet?

Breads, Biscuits, Cakes and Muffins

All breads, biscuits and muffins should be made with baking powder or baking soda as a leavening agent. Again, we don't want any commercially prepared products containing any form of sugars, colors, chemicals or yeast. Best to make and bake your own breads, biscuits, cakes or muffins. *Be particularly careful* with this category of foods, and if your health problem is chronic, severe, or has been of a long duration, then you will need to avoid most all cookies, muffins, breads, scones and baked or flour-based products for some time until you improve to a high level. Most supermarkets today and just about all Health Food stores stock a wide range of wheat and gluten free breads, including cakes, muffins, pizza bases, biscuits, etc. Some can be found right alongside ordinary breads, others have to be ordered from the shop's bakery. If you want to play it really safe, most all Bakeries today can sell you sugar-free, yeast-free, wheat and gluten free bread options. I know of a few bakeries and health-food shops in my region in New Zealand who bake or sell an excellent 100% rice bread and rice biscuits and various other gluten-free options. You may not live in my region, but I'm sure if you look around your region you will find a similar bakery or health-food shop in that will be able to supply you with a product you are looking for. Just ask around.

CRISPBREADS AND CRACKERS



Your health-food shop will have a range here, especially for the more unusual items such as items such as oat cakes, but all the major supermarkets will often stock a good selection of wheat-free, gluten-free, yeast and sugar-free crisp breads and crackers. If you want to go gluten & wheat free, take care to ensure that they *actually are* wheat and gluten free by observing the labels or asking questions. Some options for you depending on your requirements, taste and sensitivities include rice and corn crisp breads, cakes or thins, Japanese-style rice crackers, gluten-free wraps, buckwheat or millet cookies, seaweed crackers, etc

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CAKES, CHIPS, SNACKS and BARS

You are quite limited in your choice here, because in my experience this category is quite risky due to the fact that cakes, chips, snack bars and similar foods will often contain hidden sugars, preservatives, colors, flavorings, and hydrogenated fats. You may be able to find some snack bars including nut, seed and coconut bars, chick pea chips, corn chips, sesame seed (sugar-free) bars, etc. I'm certain that you will be able to find suitable recipes online for these snack foods that will suit your needs.

SOUPS

Make your own soups, or a good health-food shop or large supermarket may be able to supply you with a range of organic soups, many of which will be found to be gluten, sugar and yeast-free and are delicious. Such companies often manufacture a range of dips including hummus and lentil dips as well. As usual, read all labels carefully or do an online search for the manufacturer and simply call them up or send them an email if in doubt.

SPREADS & DIPS

Guacamole is a delicious dip made with avocado as a base. Hummus is a delicious dip made with tahini and chickpeas. Nut Butters like almond or cashew. Buy or make your own. Tahini (sesame seed paste)

SEAFOOD

Fresh fish – You will get plenty here from your local fresh fish supplier. Go for the freshest choices, the fish should have clear eyes and not smell fishy or old. Buy fillets (expensive) or scaled and cleaned whole fish (cheaper). Fresh or frozen fish is available from all good supermarkets as well. Smaller fishes are better – less time to build up toxins like mercury. Canned red or wild salmon or sardines packed in water or olive oil (avoid soya oils)

POULTRY

Organic free-range eggs are best, but if not available or affordable, then your next best choice is the caged bird eggs. Free-range eggs are available from all good supermarkets and health food stores. Fresh chicken – Select free range poultry if possible (expensive and hard to get at times), corn fed may be a better option, unless the birds have been fed on GMO corn. Otherwise purchase fresh chicken from your local supermarket. Fresh turkey is another excellent protein source, free-range naturally.

MEATS

Venison (deer meat) – limited availability but an excellent protein source, check in with

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your health food shop, or perhaps you know a friend who goes hunting. Beef, lean lamb or goat meat – organic or grass-fed is available from various health food outlets. Otherwise you can select lean sources from your local supermarket or your local butcher. Grass fed is better than grain fed beef, and Bison is available in North America, which is another great source of protein.

PROTEIN (other sources)

Vegetarian sausages made from beans, try a good health food shop.
Vegetable sausages or hot dogs made from Soy protein.
Organic Tofu, Bean curd or Tempeh (fermented soy product)
Casserole mince (from beans, nuts or lentils), Nutmeat, Vegetarian Sausages.

DAIRY

Yoghurts – Organic or biodynamic sheep, goat or cow's milk yoghurt, Organic soy yoghurt (not dairy, but a yogurt), acidophilus yogurt. Cheeses – Goat's Feta, Mozzarella or Parmesan cheese, various goat's or sheep's cheeses are available and will be a better choice than cow's cheeses.

CEREALS

Your supermarket will have many gluten-free options if you want to go gluten free, but your Health Food shop will have a wider selection. Gluten free cocoa puffs, cornflakes, gluten-free corn flakes, and you may find a reasonable wide range of suitable muesli and granola products if you go to your health food shop. I'd recommend you make your own muesli or granola, that way YOU control what goes into the mix. Rice porridge, puffed millet and millet porridge are all good options.

SEAWEEDS

Eating seaweeds may seem very strange to some, but various seaweeds are an extremely health addition to anyone's diet. Seaweed is an extremely rich source of many different minerals, many which are hard to get from other food sources. They are available from your health Food or Asian store. My website gives you more information about these amazingly healthy edible ocean plants.

Wakame	Hijiki	Kombu
Nori	Arami	Dulse (Kelp)

FERMENTED & CULTURED FOODS

Foods that have been cultured naturally or lacto-fermented are important additions to the diet of those with a yeast infection, because they contain enzymes and bacteria that help digest food and help the body to eliminate wastes. These foods help to cultivate friendly bacteria in the intestinal tract that in turn aids in digestion, helps to boost immunity and increases the uptake of Vitamin B12. Naturally cultured or lacto-fermented foods are

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particularly important to eat during the recovery phase many different kinds of chronic diseases.

Raw, organic, unpasteurized apple cider vinegar . Soy products – Tempeh, Natto, Miso. Sourdough breads Yogurt, Kim Chi, Kefir. Sauerkraut

OILS & FATS

Fats and oils are important for many body processes. You need to eat some fat in your diet. Fat protects your organs, keeps you warm and helps your body absorb and move nutrients around. It also helps hormone production. However, some fats are better than others and having too much of any type is not a good idea. Your best fats are those that are liquid at room temperature.

Rice Bran Oil, Coconut oil, Extra-virgin Olive Oil, Sesame Seed Oil, Pumpkin Seed Oil Walnut Oil and Sunflower Seed Oil are available from your Health Food shop. Flaxseed oil products

SPICES & FLAVOURINGS

Cumin Hot Pepper (Tabasco) Sauce Paprika Chilli Garlic
Turmeric Ginger Apple Cider Vinegar (Braggs) Lemongrass

DRINKS

Pure or filtered water or bottles of still, low- sodium mineral water.
Herbal Teas
Rice or oat milk (check label to ensure they have no sugar)
Non-dairy milks like almond, rice, sesame, soya (avoid if you have soy allergies)
Nut milks – You can make these at home easily, recipes are easy to find online.

Stocking Up On Foods – Your Pantry

The essential ingredients in your healthy diet are the fresh foods; fresh vegetables, eggs and meat, and these are all essential. Also, fresh yeast, chemical and preservative free and sugar free-breads and cereals are also excellent, unless you are allergic or intolerant to them. Shop as frequently as possible and try to have the freshest foods on hands for up to three days at a time is best.

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Make certain that there is no mold or mildew on your fresh foods, and be particularly careful with your vegetable crisper that you clean it out at least once each week, and your refrigerator and pantry quite regularly as well. Plan your meals ahead, that way you will be able to select the foods you need and never fall short. Make sure you buy any ingredients you have not previously had and keep them in stock.

It is best that you make your own yogurt, and if you are adventurous, your own kefir and sauerkraut, but if this is not possible buy only small quantities. Make sure your selection of perishables is fresh, by checking the expiry dates. I buy these items towards the back of the shelf in the fridge section of the shop; they tend to have longer expiry dates than the ones up the front.

It is best never to leave any half-opened containers in your refrigerator or pantry. Buy small quantities of fresh produce, dairy products, vegetables, meats, eggs, grains, nuts and seeds and replenish stores frequently. As you will be shopping rather frequently for fresh produce, you will be able to produce exciting and healthy meals within minutes.

Here is an example of ten-minute meals:

- Soup and sour dough bread
- Brown rice and stir fried vegetables
- Meat and salad
- Buckwheat pancakes topped with home-made sour cream

Your Deep Freezer

A clever thing to do is to think ahead with your meals, and this is particularly important if you are a busy person. When you start the diet, set aside some time to make standard meals you consume regularly which are suitable for our purposes, or make up recipes and then go on to create your recipe book.

A good idea is to store pre-made meals or foods in your deep freezer well ahead. Be sure to clearly label the date of freezing and what the food actually is. This is very smart, because you will always have some food on hand in case on any emergency or if the unexpected arrival of guests such as family or friends catches you out.

There will also be days when you just can't be bothered to cook and just want something quick and easy, am I right? Some people will use a microwave to quickly de-frost foods, I just leave the food out overnight and re-heat in the oven the next day.

Here is an example of foods to freeze:

- Soups (perfect for quick winter meals)
- Tomatoes (I freeze them whole when they are cheap)
- Pancakes
- Cooked rice
- Cooked quinoa, millet, etc.
- Whole meal or sourdough bread
- Casserole
- Cooked or raw chicken of beef or any meat

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