



EMMA SUTHERLAND

Your Health Partner – Integrating Complementary Medicine into Your Life
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Anti Candida Diet

Often it is difficult for patients to know what therapeutic foods they should be eating for their individual health issues. That led me to putting together this guide and it offers very practical and easy advice for you. “Let food be thy medicine and medicine be thy food” said Hippocrates over 2,000 years ago and this is even more relevant with our nutrient poor, fast food rich diets. I encourage you to share my passion of wholesome, organic foods! Emma xxx

Shopping guide

Best foods

Live yoghurt, garlic, oysters, green vegetables, peppers

Foods to choose

Zinc rich foods – wheat germ, liver, oysters, pumpkin, and crab

Vitamin C rich foods – broccoli, sweet corn, salad leaves, spinach, tomatoes, chilli, pepper, leafy greens, sprouts, peas, blackcurrants, kiwi fruit, strawberries, citrus fruits and paw paw

Garlic

Live yoghurt

Foods to avoid

All yeast containing bakery foods – breads, buns, pastries

All fermented drinks – beer, wine, and spirits

All vinegars including malt, wine vinegars as well as foods containing pickles and relishes

All cheeses

All malted drinks, malted cereals and malted sweets

Mushrooms and fungi

Soy sauce

Canned, packet or frozen fruit juices

Dried fruits

Sugars, syrups and high sugar products

Breakfast

Live biodynamic yoghurt, home made muesli or porridge without dried fruit

Lunch

Pea soup, tzatziki and spelt bread

Spinach, parsley and garlic soup

Hummus with pita bread and a mixed salad

Minestrone soup

Dinner

Brown rice and beans with broccoli

Pork, onion and capsicum kebabs with a tomato salad



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Vegetable oven bake
Baked trout with sautéed greens

Snacks

Rye crispbread with hard boiled egg
Pita with baba ganoush

