

Nutritional support for patients with Chronic Fatigue or Candida overgrowth

Guiding dietary principles:

- **Blood sugar balancing** – made up of predominantly low GL (glycemic load) foods – wholegrains, nuts, seeds, legumes, vegetables, good quality proteins.
- **Nutrient dense** – foods that are high in nutrient content, i.e. fresh foods rather than processed foods which are high in calories and low in nutrients.
- **Alkalisng** – plenty of fresh vegetables every day, including all colours of the rainbow and especially dark green leafy greens like spinach, rocket, watercress, cabbage, sprouts, broccoli, kale and chard.
- **Low allergenic** – avoid heavy consumption of wheat or dairy, avoid completely if you have an allergy or intolerance.
- **Anti-inflammatory** – high in omega 3 fatty acids found in oily fish, walnuts and flaxseeds; low in saturated fats from animal sources; low in fried food and refined carbohydrates.
- **Supportive to gut lining integrity and overall bowel health** - plenty of fibre from fresh fruits and vegetables and oats, as well as foods rich in sulphur (onions, garlic, leeks, cabbage, peppers). Use of good quality pre/probiotic may be advised.
- **Supportive of adrenal function** – specific nutrients needed are magnesium, Vitamin B5 and Vitamin C.
- **Supportive of detoxification pathways** – include bitters in the diet e.g. watercress and rocket, avoid alcohol, caffeine, recreational drugs, drink plenty of water and herbal teas (peppermint, ginger, fennel, dandelion, nettle, green tea etc).

Sample daily food plan:

	Foods to choose from	Rationale
Breakfast	<p>Porridge oats with a grated pear or apple and a spoonful of sunflower and pumpkin seeds</p> <p>Poached or boiled egg on yeast-free bread (e.g. soda bread) with a serving of spinach</p>	<p>Oats are a good source of soluble fibre and beta glucans. Seeds are a good source of essential minerals like zinc and magnesium. They also contain essential fatty acids (mostly omega 6).</p> <p>Eggs are an excellent source of complete protein, spinach helps with acid:alkali balance and is a good source of folate, an important B vitamin.</p>
Snack	<p>Unsweetened live natural yoghurt with a spoonful of flax seeds stirred through</p> <p>Protein shake with green foods added (see end for more info)</p>	<p>Natural yoghurt is a source of probiotics, the beneficial bacteria in the gut, needed for immune function and detoxification.</p> <p>Flax seeds are a good source of soluble fibre and will help bowel regularity. If ground they are a good source of Omega 3 essential fats.</p> <p>Protein shakes are an ideal snack between meals, they help balance blood sugars and stave off cravings for sweet foods.</p>
Lunch	<p>Bean or lentil salad with half an avocado</p> <p>Baked sweet potato with cottage cheese and large mixed salad (use lettuce, chicory, fennel, tomatoes, spring onions, avocado etc.)</p>	<p>Beans and legumes are a good source of protein, they also are low on the glycemic index so are helpful for blood sugar control.</p> <p>Sweet potato is a rich source of beta-carotene which is converted to Vitamin A in the body. Vitamin A is used to keep all mucosal surfaces (such as the gut) healthy. It is also an essential antioxidant vitamin. Cottage cheese is a good source of low fat complete protein. Chicory (and onions and leeks) are a good source of prebiotic fibre, needed</p>

	Use olive oil and lemon juice for dressing.	to feed probiotic bacteria in the gut.
Snack	Vegetable sticks (carrots, peppers, cucumber, celery) with a bean dip or hummus or tzatziki Two oatcakes or rice cakes with hummus or nut butter	Vegetables are alkalising and therefore help maintain a good pH in the body. They are also full of fibre and a range of nutrients. Nut butters (not peanut butter) are found in most supermarkets and health food shops.
Evening Meal	Prawn and brown rice noodle salad with chilli, mangetout, watercress and rocket	Prawns and other seafood are good sources of zinc, needed for over 300 biochemical reactions in the body. Brown rice noodles are low GI, gluten and yeast free. Watercress and rocket are rich sources of folate and magnesium, as well as being liver-supportive.
Drinks	At least 1.5 litres of pure water, more if exercising. Herbal teas e.g. mint, nettle, fennel, ginger Green tea or Roibosh tea	The body is made up of 70% water, and even mild dehydration causes fatigue, inability to concentrate, and headaches for many people. Coffee and tea are dehydrating. Green and Roibosh teas are full of antioxidants and Green tea also has cancer-protective properties. Mint, fennel and ginger are calming for the gut and good for indigestion bloating, or nausea.
To be avoided	Sugars - Look out for words ending in -ose on the ingredients list as these are likely to be sugars, such as: dextrose, maltose, sucrose, glucose and fructose. Avoid fruit juice, cordials, maple syrup, honey, agave syrup etc. Stevia and xylitol are acceptable sugar alternatives to use occasionally. Yeasts in pickled and fermented foods – bread and other baked goods, marmite, alcohol, vinegar, pickles, ketchup, soy sauce etc. Moulds – found in hard cheeses, especially blue, mushrooms, over-ripe fruit, shelled nuts, and berries Refined carbohydrates – white four, white rice, white pasta,	These foods are to be avoided when fungal dysbiosis is present because they exacerbate the situation. Dairy products and fruit contain natural sugars, so should be either avoided or eaten only occasionally. Some people can tolerate some of these foods, you need to experiment and find your own limits. To find suppliers of gluten and/or yeast free products including bread, try the following websites: http://www.artisanbread-abo.com/ http://www.goodnessdirect.co.uk You can buy protein powders and green superfood powders here: http://www.vitalhealthurope.com/ To get 10% off your first order you can use the code: 41S3QU – you need to enter this UNDER the checkout before placing the order. Or go to any good health food store for other brands e.g. Solgar and Lambert's.

	cakes, biscuits, muffins, crisps, salty snacks, fizzy drinks	
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The information given here is intended for general information purposes only and does not address individual circumstances. It is not a substitute for professional medical advice, diagnosis or treatment and should not be relied on to make decisions about your health.