

## **Antifungal**

Patient should avoid:

- Fruit (Excluding grapefruit)
- Refined sweeteners (sugar, honey, maple syrup, corn syrup, malt, dried fruit, fruit juice, agave)
- Mold fermented foods (vinegar, alcohol, soy sauce, tamari, tempeh, miso)
- Yeast
- Cheese (mold inoculated)

Foods that are allowed include grapefruit juice, lemon juice, and vegetable juice (not more than 50% carrot).