

If any of you have followed an anti-candida diet you know how difficult it looks at first glance, especially if you are also following the Best Bet Diet like me. As you read more about it though, you can begin to learn how to make it work for you.

## SOS with FOS (Fructooligosaccharides)

By Sylvia Brown, BSc

**I**t was whilst reading up on anti-candida supplements that I first learnt about a little gem called FOS (fructooligosaccharides). This supplement caught my eye because, although it is sweet to taste, it is allowed on an anti-candida program.

### Sweet As Candy Floss

One of the most difficult things about following this diet is the restriction on all sugars, including fruit and fruit juice. When I got some FOS I was amazed because this white powder tastes rather like candy floss. I thought it was a delight but had my doubts.

How could a product so sweet not feed the candida? Having now checked my facts I can now confirm that it really **DOES NOT** encourage the growth of yeasts. Hoorah!

### What Exactly Is FOS?

FOS is a natural food substance which occurs in fruit and vegetables, and in particular in plants such as Jerusalem artichokes and dandelions.

As a natural fibre it passes through the stomach and small intestine largely undigested and promotes the growth of beneficial intestinal bacteria, so helping to heal a leaky gut (another one of



my problems!).

So as an addition to my anti-candida diet, FOS has become a life-saver!

### How To Take FOS

I eat up to a tablespoon a day. I add it to puddings or (gluten-free) baking. You can even eat it straight! I added a spoonful to quinoa, cooked in a pan of water with cinnamon, and it was very tasty.

Indeed, quinoa is another welcome addition to the anti-candida diet. Although you may think it is a grain, and as such it is a satisfying substitute, it is in fact a vegetable.

Cinnamon is also wonderful stuff as not only does it spice up the taste of whatever you are

eating (and this we need on such a diet!) but it also has antifungal, anti-bacterial and anti-spasmodic properties, aids circulation and digestion and is a blood sugar stabiliser.

### QUICK RECIPE

Add a cupful of quinoa to a pan of boiling water and cook till soft.

Sprinkle cinnamon and FOS on top to taste and enjoy!

### Info Box

Natural FOS from Biocare  
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