

The Mold-Free Diet

FOODS TO AVOID

- NO dried fruit; raisins, apricots, prunes, figs, etc.
- NO aged cheese of any kind - Some cheeses are okay if milk is not a problem, e.g. cottage cheese, mozzarella, provolone, ricotta and farmer's cheese.
- NO mushrooms or fungi whatsoever, such as truffles, even avoid sprouts.
- NO Leftovers - Eat within 24 hours, unless frozen (microwave frozen food to thaw quickly)
- NO Breads - Malted means moldy. Bread develops surface mold within a day. Some tortillas, biscuits, muffins, cakes and cookies are usually yeast free, yet high in sugar content.
- NO sprouted grains, beans, etc.
- NO Sauerkraut. It has been fermented.
- NO canned or bottled Tomato Products; Juice, sauce, paste, ketchup, etc., are made from moldy tomatoes.
- NO Beer - The darker the beer, the more mold it contains.
- NO Wine & Wine Vinegar - White wine is least moldy; clear vinegar may be tolerated.
- NO liquor - Vodka, tequila, clear rums are least moldy.
- Be careful of multi-B Vitamins - Many contain either yeast or mold (Rice hulls are moldy). Check with manufacturer and make sure they are not produced from an *aspergillus fermentation process*.
- Be cautious of herbs.
- NO cider or fruit juice (juice contains mold as it is made with old fruit).
- NO Pickled and smoked meats and fish, including processed delicatessen foods, sausages, salami, bologna, frankfurters, corned beef and pickled tongue.
- NO melons, except watermelon if very fresh and eaten same day.
- Avoid fermented foods (pickles, wines, sauerkraut)
- NO yeast
- NO sugar

FOODS TO EAT

- Eat only freshly prepared low-glycemic fruits (peeled) and vegetables.
- Eat protein: including meats and fresh fish.
- Drink bottled water. Tap water contains mold. Try to drink distilled or reverse osmosis water as it retains the good bacteria in the digestive tract.
- Try to avoid chemicals and additives such as hormones and antibiotics.
- Avoid all grains, and all processed/packaged foods.
- Freshly cooked brown rice is safe. Soak with a little Vitamin C before cooking.

NOTE: ALL FOODS WILL BECOME MOLDY IN TIME. SHOP FREQUENTLY, BUY IN SMALL QUANTITIES. MOLDS THRIVE ON SUGAR. DO NOT STORE FOODS IN A FROST-FREE FREEZER FOR MORE THAN A WEEK TO TWO WEEKS BECAUSE OF THE AUTOMATIC THAW CYCLE SEVERAL TIMES A DAY. STAY AWAY FROM SODA. IT'S LOADED WITH SUGAR. DIET SODA CONTAINS FORMALDEHYDE. THAT'S WORSE!

PRODUCTS OF ASPERGILLUS FERMENTATION:

- SOY SAUCE
- CHOCOLATE
- TEA (BLACK)
- MALT EXTRACT (MOST CEREALS)
- LACTAID (MILK ADDITIVE)
- SOME VITAMINS - *SOLGAR* AND *JARROW brands* ARE SAFE; MOST ARE NOT
CITRIC ACID (A VERY COMMON FOOD ADDITIVE; NOT DERIVED FROM CITRUS FRUIT). It is made with the aspergillus fermentation process
- SOFT DRINKS
- FRUIT JUICE (COMMERCIAL-OFTEN MADE FROM MOLDY FRUIT; MANY CONTAIN MOLD ENZYMES
ADDED IN PROCESSING)
- DIGESTIVE ENZYMES (PANCREATIC & HCL ARE OK), OTHERS ARE NOT
- CHOLESTEROL LOWERING ENZYMES
- ACIDOPHILUS WITH F.O.S. (Acidophilus has very healing effects and promotes natural anti-fungals in the body, however, artificially produced F.O.S. is made with the aspergillus fermentation process.

Resource: www.mold-survivor.com

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