

THE LOW MOLD DIET

Please Use this guide to shift your diet away from high sugar and starchy foods to more fresh, whole foods.

This diet should be used in Phase I of your protocol if you have just been dx with mold exposure or biotoxin illness.

Please try to follow this diet for at least 4-8 weeks.

Foods that must be avoided

Avoid sugar and sugar containing foods: Table sugar and all other simple, fast releasing sugars such as fructose, lactose, maltose, glucose, mannitol and sorbitol. This includes honey and natural sugar syrup type products such as maple syrup and molasses. This also includes all candies, sweets, cakes, cookies, and baked goods.

Sweetleaf whole leaf stevia concentrate may be used in moderation. I prefer the Organic Sweetleaf brand (Whole Food, Richards, Earth Origins, Amazon- a small container will last you for 4-6 months at least. It is very strong)

High sugar fruits:

Avoid pineapple, mango, over-ripe banana, melons, oranges, and grapes
Organic berries, apples and lemon/lime are ok. Underripe or almost green bananas on occasion

Packaged and processed foods:

Avoid canned, bottled, boxed and otherwise processed and pre-packaged foods as they more often than not contain sugar of one type or another.

Canned – Baked beans, soups, ready-made sauces.

Bottled – Soft drinks, fruit juices, all condiments and sauces.

Boxed/Packaged – Ready-made meals, breakfast cereals, chocolate/candy, ice cream, frozen foods.

Mold and yeast containing foods:

Cheeses: all cheese, especially moldy cheeses like stilton are the worst, buttermilk, sour cream and sour milk products.

Alcoholic drinks: beer, wine, cider, whiskey, brandy, gin and rum.

Condiments: vinegar and foods containing vinegar, mayonnaise, pickles, soy sauce, mustard, relishes.

Edible fungi: including all types of mushrooms and truffles.

Processed and smoked meats: sausages, hot dogs, corned beef, pastrami, smoked fish, ham, bacon.

Fruit juices: All packaged fruit juices may potentially contain molds.

Dried fruits: raisins, apricots, prunes, figs, dates, etc.

Foods ok to be eaten in small amounts- limit 1/2- 1 cup per day

Gluten-free grains: brown rice, quinoa, buckwheat, millet, teff, certified gluten-free oats

**Recommend soaking grains, beans, and nuts/seeds and sprouting beans to help with lowering mold content and increasing body's ability to absorb nutrients – refer to handout.*

***If you are vegan, vegetarian, or pescatarian – I recommend ½ cups grains, beans, legumes per meal to ensure adequate nutrient intake.*

High starch vegetables and legumes: sweet corn, potatoes, beans and peas, lentils, sweet potatoes, squashes, turnips, parsnips.

Fruits: low sugar types such as berries, apples, pears and peaches.

Foods to be eaten freely

Organic pastured animal products: beef, bison, veal, lamb buffalo, wild-caught seafood, poultry, pastured eggs

Low carbohydrate vegetables: broccoli, spinach, cauliflower, kale, cabbage, arugula, chard, cucumber, peppers, tomato (fresh only), onion, leek, asparagus, garlic, artichokes,

Raw nuts and seeds: sunflower seeds, pumpkin seeds, flax seeds, chia seeds, almonds, low mold nuts (No peanuts, walnuts, pecans, cashews, or brazil nuts,) - keep nuts/seeds allowed in the refrigerator and consider sprouted seeds (Amazon - Go Raw Brand) and soak them.

Healthy Fats: Extra virgin olive oil, coconut oil, coconut milk, ghee, avocado, organic butter

Other: Tempeh, Miso, Apple Cider Vinegar

Beverages: Filtered Water, non-fruity herbal teas, mineral water, fresh veggie juice