

LOW MOLD DIET

Patients will avoid the following foodstuffs

1. Alcohol, including beer, wine and hard liquor
2. Wheat, oats, barley, rice, sorghum and rye
3. Peanuts, walnuts, and cashews
4. Hard cheeses
5. Mushrooms
6. Apple juice, coffee and chocolate
7. Cottonseed oil
8. Sugar (from sugar cane and beets)
9. Tomato paste
10. Beans

Internet sources

<http://www.who.int/ceh/capacity/mycotoxins.pdf> (pg 24-26)

<http://www.healingnaturallybybee.com/articles/foods32.php>

[http://www.ift.org/Knowledge-Center/Read-IFT-Publications/Science-Reports/Scientific-](http://www.ift.org/Knowledge-Center/Read-IFT-Publications/Science-Reports/Scientific-Status-Summaries/Food-Mycotoxins.aspx)

[Status-Summaries/Food-Mycotoxins.aspx](http://www.ift.org/Knowledge-Center/Read-IFT-Publications/Science-Reports/Scientific-Status-Summaries/Food-Mycotoxins.aspx)

<http://www.exhibithealth.com/general-health/11-foods-highest-in-mycotoxins-1567/>