

Break The **MOLD**

Foods & Beverages

AVOID

FOODS FIRST TIER

Sweets of any kind	Pickles & pickled foods
Dried fruits	Vinegar
Leavened bread	Soy sauce
Yeast	Cantaloupe
Simple carbohydrates	Grapes
Baked goodies	Aged cheeses
Mushrooms	Moldy cheeses
Corn	Peanuts
Potatoes	Peanut butter

AVOID

FOODS SECOND TIER

- All fruit
- Starchy vegetables
- All grains
- Fermented foods
- Shelled nuts
- Condiments made with vinegar or sugar
- Sour cream or other soured milk products

AVOID

BEVERAGES

- ANY sweetened beverage
- Fruit juice
- Oolong and black tea (partially fermented)
- Moldy coffee (check that your company has independent testing)
- Alcoholic beverages
- Fermented beverages, such as cider, kombucha

EAT!

PROTECTIVE FOODS

Colorful vegetables (eat more veggies than fruit)

- **Beets, artichoke, asparagus, radishes** (helps the liver)
- **Broccoli, Brussel sprouts** (detox via sulfurophanes)
- **Tomatoes** (lycopene neutralizes mycotoxins)
- **Cabbage** (helps your intestines)
- **Celery, cucumber** (helps kidneys with water balance)
- **Bitter greens such as arugula, broccoli rabe, endive, watercress, kale, dandelion greens** (detox mycotoxins)

Colorful fruits (eat more veggies than fruit)

Beef liver (use organic only)

Essential fats:

- **Avocado**
- **Olives**
- **Olive oil**
- **Fresh seeds and nuts** (refrigerate these to preserve)
- **Eggs**
- **Fish**

Yogurt (rebalance flora)

Butter (heal intestinal lining)

Healing spices:

- **Curry** (turmeric)
- **Parsley**

EAT!

MOLD FIGHTING FOODS

Garlic
Onions
Scallions
Chives
Leeks

EAT!

MOLD FIGHTING SPICES

Clove
Cumin
Rosemary
Sage
Thyme
Oregano
Basil
Bay leaf

EAT!

BITTER DRINKS & TREATS

Green tea (protective polyphenols)
Coffee
Bitter chocolate (unsweetened)