

### Foods Rich in Fungal (Mold) Protein-Allergens

Dried Fruit	Avoid raisins, apricots, prunes, figs, etc.
Aged Cheese	Some cheeses are OK if milk is not a problem, e.g. cottage cheese, mozzarella, provolone, ricotta, and farmer's cheese.
Mushrooms	
Leftovers	Eat within 24 hours unless frozen (microwave frozen food to thaw quickly).
Over-ripe Fruits and Vegetables	Avoid produce that is discolored, wilted, or mushy.
Breads	Check ingredients. Malted means moldy. Dough conditioners are moldy. Sourdough is the worst (sometimes labeled yeast-free). Bread develops surface mold after a day (store in the freezer and use as needed from freezer). Tortillas, biscuits, muffins, cakes, and cookies are usually yeast-free.
Tomato Products	Juice, sauce, paste, ketchup, etc., are made from moldy tomatoes.
Beer	The darker the brew, the more mold it contains.
Wine and Wine Vinegar	White wine is the least moldy; clear vinegar may be tolerated.
Most Liquors	Vodka, tequila, and clear rums are the least moldy.
Multi-B Vitamins	These contain either yeast or mold (rice hulls are moldy).
Processed Meats	These include hot dogs, sausage, salami, bologna, etc. Solid preserved meats such as ham, turkey, pastrami, may be OK.
Hamburger	Beware! These are often made from aged meat; eat within a day of grinding.
Products of Aspergillus Fermentation	These include soy sauce, chocolate, tea (black), malt extract (bread, cereals), Lactaid (milk additive), citric acid (a very common food additive, not derived from citrus fruit), fruit juice (commercial juices often from moldy fruit; many contain mold enzymes added in processing), digestive enzymes (pancreatic are OK), and cholesterol-lowering enzymes.

**Note:** All foods will become moldy with time. Shop frequently, buy in small quantities, and when in doubt, ask the vendor about the freshness of his foods. Read labels. Molds thrive on sugar—control your intake. A moldy environment (home, office, school, church, car) can be an additional problem. Do not store food in frost-free freezers for more than one to two weeks because of the automatic thaw cycle several times a day. Organic foods are more likely to mold.