

Forum Health

LOW MOLD DIET GUIDE

Mold illness refers to a range of health problems that can occur when an individual is exposed to mold and its byproducts. It is often used to describe a condition known as “chronic inflammatory response syndrome” (CIRS). CIRS is a multisystem illness with a wide range of symptoms that can affect various organs and systems in the body. It is believed to be triggered by exposure to biotoxins produced by certain molds, such as *Stachybotrys*, *Aspergillus*, and *Chaetomium*.



Common symptoms associated with mold illness/CIRS

Maintaining a low-mold diet can be a valuable component in managing and alleviating symptoms for individuals dealing with mold illness.

- Respiratory Issues
- Brain fog
- Fatigue
- Muscle and Joint Pain
- Gastrointestinal Issues
- Sensitivity to Light and Sound
- Skin Issues
- Increased Allergies
- Mood and sleep disorders
- Cancer



FOODS TO ENJOY

Protein (organic, pastured)

Beef
Bison
Buffalo
Lamb
Pastured Eggs
Poultry
Veal
Wild-caught seafood

Nuts & Seeds

Almonds
Chia seeds
Flax seeds
Pecans
Pumpkin seeds
Sesame seeds
Sunflower seeds

Vegetables

Lettuces
Artichokes
Asparagus
Broccoli
Brussels Sprouts
Carrots
Cabbage
Cauliflower
Celery
Chard
Cucumber
Green/Wax Beans
Kale
Leek
Onion
Peppers
Radicchio
Radishes
Sugar Snap Peas
Summer Squash
Tomatoes (Fresh)

Healthy Fats

Avocado
Butter (organic)
Coconut milk
Coconut oil
Extra virgin olive oil
Ghee

Other

Herbs and Spices
Apple Cider Vinegar
Low-Carb Condiments
Filtered water
Fresh vegetable juice
Mineral water
Non-fruitful herbal tea
Mycotoxin-free coffees



FOODS TO EAT IN MODERATION (2-3 X PER WEEK)

High Starch Foods

Beans - cook in pressure cooker
Buckwheat
Lentils
Parsnips
Peas
Potatoes

Quinoa
Rice (brown and white)
Squashes
Sweet potatoes
Turnips

Low-Sugar Fruits

Apples
Berries
Lemons
Limes
Peaches
Pears



FOODS TO 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.

High Sugar Fruits

Bananas
Grapes
Mangos
Melons
Pineapples
Oranges

Grains

Millet
Oats (including gluten-free)
Wheat
Teff
Corn

Packaged and Processed Foods

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

Boxed/Packaged

Breakfast cereals
Broth/Stock
Chocolate/Candy
Frozen Foods
Ice Cream
Ready-made meals

Canned

Baked Beans
Ready-made sauces
Soups

Bottled

Condiments and sauces that contain sugar
Fruit juices
Soft drinks

Mold and Yeast Containing Foods

Cheeses

All cheeses (especially moldy cheeses like stilton, buttermilk, sour cream, and sour milk products)

Alcoholic drinks

Beer
Brandy
Cider
Gin
Rum
Whiskey
Wine

White distilled vinegar and foods that contain it

Condiments that contain Apple Cider Vinegar are fine.
Ketchup
Mayonnaise
Mustard
Pickles

Nuts

Peanuts
Cashews
Walnuts
Brazil nuts

Edible Fungi

All types of mushrooms
All types of truffles

Processed and Smoked Meats

Bacon
Corned beef
Ham
Hot dogs
Pastrami
Sausages
Smoked fish

Fruit Juices

All packaged fruit juices may potentially contain mold.

Dried Fruits

Apricots
Dates
Figs
Prunes
Raisins

Fermented Foods

Kombucha, lacto-fermented vegetables/fruits will likely exacerbate your symptoms.



RECIPES

Here are simple, healthy meals that focus on fresh, whole foods and minimize mold exposure:

Greek Yogurt Parfait with Berries

Layer Greek yogurt with fresh berries, a drizzle of honey, and a sprinkle of seeds (sunflower or pumpkin seeds) for added crunch.

Smoothie Bowl

Blend a smoothie with spinach, frozen berries, banana, and almond milk. Top with sliced almonds, chia seeds, and fresh fruit.

Avocado and Poached Egg Toast

Gluten-free toast topped with mashed avocado and a poached egg. Season with salt, pepper, and a touch of fresh herbs.

Baked Sweet Potato with Almond Butter

Roast a sweet potato and top it with almond butter, sliced banana, and a sprinkle of cinnamon.

Grilled Lemon Herb Chicken Salad

Grilled chicken breast marinated in lemon, olive oil, and herbs, served on a bed of mixed greens with cherry tomatoes, cucumber, and avocado.

Quinoa and Vegetable Stir-Fry

Stir-fried Quinoa with a variety of fresh vegetables such as bell peppers, broccoli, carrots, and snap peas. Season with ginger and coconut aminos.

Baked Salmon with Garlic and Dill

Salmon fillets seasoned with garlic, dill, and a touch of lemon juice, baked to perfection. Serve with steamed asparagus or green beans.

Zucchini Noodles with Pesto

Spiralized zucchini noodles tossed with basil pesto (homemade without mold-prone nuts, or organic store-bought: Rao's or Divina) and cherry tomatoes.

Turkey and Vegetable Lettuce Wraps

Ground turkey cooked with a mix of colorful vegetables like bell peppers, carrots, and water chestnuts. Serve in lettuce cups for a low-carb twist.

Mango and Avocado Salad

Fresh mango and avocado chunks mixed with arugula, red onion, and a lime vinaigrette. Add grilled chicken or shrimp for protein.

Cauliflower Rice Bowl with Black Beans and Salsa

Cauliflower rice topped with black beans, salsa, diced tomatoes, and avocado slices. Garnish with fresh cilantro.

Eggplant and Tomato Bake

Sliced eggplant layered with tomatoes, garlic, and a sprinkle of oregano, then baked until tender. Drizzle with olive oil before serving.

Spaghetti Squash with Turkey

Roasted spaghetti squash served with lean ground turkey, tomatoes, garlic, onions, and Italian herbs.

Remember to check the freshness of your ingredients and consider using organic produce when possible. Additionally, individual sensitivities and restrictions may vary, so it's always a good idea to consult with your health coach if you are unsure of an ingredient.

