

Low mold diet guide

If you have lived or worked in a water-damaged building, your body is already carrying a mold and mycotoxin load — and moldy foods add to that same load, which is why symptoms so often flare after eating. Narrowing your diet to the foods below lowers what comes in, and reducing dietary mold exposure often reduces symptoms.

Foods to enjoy

Eat freely

PROTEIN

Organic, pastured, wild-caught

Beef	Pastured eggs
Bison	Wild-caught seafood
Buffalo	Sardines
Lamb	Anchovies
Veal	Mackerel
Venison and elk	Shellfish
Pork (pastured)	Liver and organ meats
Poultry	Bone broth (homemade)
Duck	Collagen powder
Turkey	

NUTS & SEEDS

Sealed packages, refrigerated — no open bins

Chia seeds
Flax seeds
Pumpkin seeds
Sesame seeds
Sunflower seeds
Almonds, pecans — sparingly

VEGETABLES

Artichokes	Celery	Kale	Radishes
Arugula	Chard	Kohlrabi	Scallions
Asparagus	Collards	Leek	Spinach
Bok choy	Cucumber	Lettuces	Sugar snap peas
Broccoli	Endive	Mustard greens	Summer squash
Brussels sprouts	Fennel	Okra	Tomatoes (fresh)
Cabbage	Garlic	Onion	Turnip greens
Carrots	Green / wax beans	Peppers	Watercress
Cauliflower	Jicama	Radicchio	Zucchini

Fats, drinks & seasonings

Eat freely

HEALTHY FATS

Avocado
Avocado oil
Butter (organic)
Coconut butter
Coconut milk
Coconut oil
Duck fat
Extra virgin olive oil
Ghee
Macadamia oil
MCT oil
Tallow

DRINKS

Unsweetened, nothing from concentrate
Filtered water
Sparkling mineral water
Lemon or lime water
Cucumber and mint infusion
Fresh vegetable juice
Ginger tea
Peppermint tea
Chamomile tea
Rooibos or tulsi tea
Green tea or matcha
Dandelion or chicory root
Bone broth (homemade)
Unsweetened electrolytes
Mycotoxin-tested coffee

SEASONINGS

In-date and fresh — replace old jars
Sea salt
Fresh garlic
Fresh ginger
Fresh turmeric
Parsley, cilantro, basil
Dried herbs and spices
Raw apple cider vinegar
Lemon juice as dressing acid
Coconut aminos
Stevia, monk fruit

TWO YOU MIGHT EXPECT HERE

Sprouted seeds and beans — alfalfa, mung, broccoli sprouts — are grown warm and damp, ideal conditions for mold. Jarred olives are almost always brined with vinegar. Both stay off for now. Brussels sprouts are unrelated and remain on the enjoy list.

Foods to eat in moderation 2–3 × per week

HIGH-STARCH FOODS

Beans (pressure-cooked)	Lentils Parsnips	Potatoes Quinoa	Squashes Sweet potatoes
Buckwheat	Peas	Rice, white	Turnips

Choose white rice over brown — mycotoxin concentrates in the bran, which white rice has had removed.
Rinse grains and legumes before cooking.

LOW-SUGAR FRUITS

Apples
Berries
Lemons
Limes
Peaches
Pears

FRESH DAIRY

Milk
Cream
Plain whole-milk yogurt

Only if dairy already agrees with you. Butter and ghee are unlimited. Cheese and kefir stay on the avoid list.

Foods to avoid Set aside for now

SUGAR AND SUGAR-CONTAINING FOODS

Table sugar and all other simple, fast-releasing sugars — fructose, lactose, maltose, glucose, mannitol, sorbitol — plus honey, maple syrup, molasses, and all candies, sweets, cakes, cookies, and baked goods.

HIGH-SUGAR FRUITS

Bananas
Grapes
Mangos
Melons
Oranges
Pineapples

GRAINS

Corn
Millet
Oats (incl. gluten-free)
Teff
Wheat

Packaged and processed foods

Canned, bottled, boxed, and otherwise 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 with sugar
Fruit juices
Soft drinks

Mold- and yeast-containing foods

CHEESES

All cheeses — especially moldy cheeses such as stilton — plus buttermilk, sour cream, and other sour-milk products.

ALCOHOLIC DRINKS

Beer	Rum
Brandy	Whiskey
Cider	Wine
Gin	

Fermented foods

Kombucha and lacto-fermented vegetables or fruits will likely exacerbate your symptoms. Raw apple cider vinegar is the one exception we keep — it is acetic-acid fermented rather than yeast-driven, and most patients tolerate it well.

WHITE DISTILLED VINEGAR & FOODS CONTAINING IT

Ketchup	Mustard
Mayonnaise	Pickles

Balsamic, wine, malt, and rice vinegars too. Condiments made with raw apple cider vinegar are fine.

PROCESSED & SMOKED MEATS

Bacon	Pastrami
Corned beef	Sausages
Ham	Smoked fish
Hot dogs	

EDIBLE FUNGI

All types of mushrooms and truffles.

SWEETENERS

Agave, coconut sugar, sugar alcohols ending in -itol, and "natural" syrups all feed the same problem. Stevia and monk fruit are the two we keep.

NUTS

Peanuts	Walnuts
Pistachios	Brazil nuts
Cashews	

DRIED FRUITS

Apricots	Prunes
Dates	Raisins
Figs	

FRUIT JUICES

All packaged fruit juices may potentially contain mold.

CHOCOLATE & COCOA

Cocoa beans are fermented and commonly carry mycotoxin, sugar aside.

How you store food matters as much as what you buy

BUY SMALL, BUY OFTEN

Shop for a few days at a time, and skip open gravity bins and scoop barrels — that food sits exposed to room air. Sealed packages are fine at any size; buy the smallest you will finish.

LEFTOVERS WITHIN 24 HOURS

Cool and refrigerate immediately, eat the next day, or freeze in portions. Anything past 48 hours goes out.

REFRIGERATE WHAT YOU'D NORMALLY SHelve

Nuts, seeds, flours, rice, and coffee belong in the fridge or freezer in sealed glass. For coffee, choose a roaster that publishes third-party mycotoxin testing — Purity Coffee and Lifeboost both do.

NO BRUISES, NO TRIMMING AROUND IT

Cutting the soft spot off doesn't remove what has already spread through the fruit. Discard anything soft, spotted, or musty.

How long you'll be here

Plan on three to six months of the full protocol while the underlying exposure is addressed, then a structured reintroduction — one food every three or four days, symptoms tracked. Expect most foods to come back and a few not at all: mold exposure can leave a lasting sensitivity or immune response, and diet is only one part of what drives symptoms.

BEFORE YOU REINTRODUCE

Add one food at a time and go slowly. Reintroducing too early is the most common reason symptoms come back.

NOT SURE WHERE TO START

You don't have to figure this out on your own. We help you find out why you feel this way — and what to do about it.

Schedule a Consultation Take the New Patient Fit Assessment
genesisfunctionalwellness.com

Educational information, not medical advice; brands are examples, not endorsements. Talk with a qualified practitioner before making significant dietary changes.