

FUNGAL HYPERSENSITIVITY

WHAT IS IT?

- Those with fungal hypersensitivity can become hypersensitive to a lot of things, such as perfumes, smells, chemicals, other foods, etc. Often this is due to food contamination which triggers the immune system into overdrive. The following foods need to be avoided in those with fungal or mold issues.

DRIED FRUIT

- 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.

OVER-RIPE FRUITS AND VEGETABLES

- Check ingredients. Malted means moldy. Dough conditioners are moldy. Sourdough is worse (sometimes labelled yeast-free). Bread develops mold after a day. 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 least moldy; clear vinegar may be tolerated.

MOST LIQUORS

- Vodka, tequila, clear rums are least moldy.



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MULTI-B VITAMINS

- Contain either yeast or mold (rice hulls are moldy).

PROCESSED MEATS

- Hot dogs, sausage, salami, bologna, etc. Solid preserved meats such as ham, turkey, pastrami may be OK.

HAMBURGER

- Beware! Often from aged meat; eat within a day of grinding.

PRODUCTS OF ASPERGILLUS FERMENTATION

- Soy sauce, chocolate, black tea, malt extract (bread, cereals), lactaid (milk additive), citric acid (common food additive – not derived from citrus fruit), fruit juice (commercial juices often made from moldy fruit; may contain mold enzymes added in processing), digestive enzymes (pancreatic are OK), cholesterol-lowering enzymes.

NUTS

- Peanuts are notorious for being moldy, esp. peanut butter. Make sure that nut products are fresh, organic, and from reputable sources.

