

Mold-Reduction Diets

Avoid the following foods if you are allergic to mold and fungi which are a form of living plant life with a very wide distribution. You are not necessarily allergic to these foods, but rather to the mold products which they may contain. Generally, this diet is temporary until the allergy immunization injection treatment has conferred sufficient protection to you; from time to time, these foods may be added to the diet one at a time to determine if symptoms are thereby produced.

- Cheese of all kinds (including cottage cheese)
- Mushrooms
- Beer and wine
- Sour cream, sour milk and buttermilk
- Canned tomatoes and canned tomato products (including catsup, chili sauce, tomato paste, etc.) unless they are home-made
- Sauerkraut
- Vinegar and vinegar-containing foods (mayonnaise and other salad dressings, pickles, pickled beets, relishes, green olives)
- All canned juice (including frozen juice concentrates)
- Cider and home-made root beer
- All dried fruits (raisins, figs, prunes, dates and apricots)
- Soured breads (pumpernickel and rye) coffee cakes and other baked goods made with large amounts of yeast
- Smoked or cured meats and fish (bacon and delicatessen foods including sausage, frankfurters, corned beef, pickled tongue)

Suggestions: Eat only freshly opened canned foods.

Do not eat cooked meat or fish more than 24 hours old. Avoid foods made from leftovers (such as meat-loaf, hash, croquette). Prepare hamburgers from freshly ground meat. Fresh meats that are frozen or fresh meats that are cooked and then frozen are satisfactory.

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