

For Candida and Mold Sensitive People

Candida and Aspergillus both can easily over colonize in the body. To keep them in check – besides taking Probiotics (acidopholus and saccharomyces boulardii):

Moldy & Fermented Foods to Avoid or Limit once you are better:

- Nuts
- All dried fruits (apricots, raisins, dates etc..)
- Tofu (it's a congealed/fermented mold)
- Canned tomatoes and canned/bottled tomato sauce – all made from very moldy tomatoes (Fresh tomatoes are best for us)
- Mushrooms – any kind
- Soy sauce, Worcester sauce, vinegar and more – a lot of condiments are both fermented, contain wheat and citric acid (see below) – when you are less sensitive you can add gluten free condiments back in but stay away from them in the beginning. Just remember that most are fermented even if they don't contain wheat or citric acid and they may still not agree with you.
- Sauerkraut
- Root beer
- Alcohol – vodka, white wine and champagne are actually the least fermented/most filtered if you want to enjoy some from time to time
- Melon – any kind - watermelon, cantelope etc.
- Fruit
- Cheese – particularly blue cheese, best cheese to use is part skim mozzarella or ricotta, or soy cheese if you are dairy sensitive

Candida – Foods to Avoid or Limit once you are better:

- All of the above foods
- Juices (except for freshly squeezed juices when you are less sensitive)
- White flour products
- Sugar
- Anything made with corn syrup/high fructose corn syrup
- Best natural sweetener to use is Stevia if you need something sweet

Aspergillus – Foods to avoid or limit once under control:

- Chocolate
- Citrus Acid (common preservative added to many many things – check the labels)

Other tips:

- Leftovers start molding right away – best not to eat them if really sensitive
- Store leftovers in glass containers if you must - not plastic, it molds foods quickly
- Very fresh fruits and vegetables are always best (if you are very sensitive right now avoid fruit for awhile then work it slowly back in)

Resources:

- The Yeast Connection by William G. Crook, M.D.
- 30 years experience of dealing with Candida, 15 years with aspergillus