

Foods to Avoid if You're Detoxing from Mold

If you're suffering from mold illness, it's best to avoid foods that are more likely to contain mold or other fungi — and foods that can fuel the growth of mold spores. Avoiding these foods can help reduce exposure to mold and allow your body to heal.

- Cheese (particularly blue cheese)
- Mushrooms
- Sugary, starchy foods
- Breads and other food made with yeast
- Grains, especially corn
- Jarred jams and jellies
- Dried fruits, such as dates, prunes, figs, and raisins
- Nuts, including soy, peanuts, and cashews
- Alcoholic beverages, including beer and wine
- Leftovers that are more than 3 or 4 days old