

**Additional Foods to Avoid if Reactive  
to Aspergillus, Candida or Yeast  
Cerevisiae**

**Aspergillus/Candida Reactivity**

**AVOID:**

All processed foods and foods high in sugar  
and starches.

Mold spores can utilize sugar and starch  
to proliferate.

**Contact Information**

**Infinite Allergy Labs**

☎ 1-833-366-3255

🌐 [www.infiniteallergylabs.com](http://www.infiniteallergylabs.com)



**Mold, Candida and  
Yeast  
The F.A.S.T. Diet**



## FOODS POTENTIALLY CONTAINING MOLD

Avoid foods that are potential sources of mold or mold overgrowth:

- Grains
- Dairy
- Packaged Fruit Juices, Dried fruit, including raisins and dates
- Nuts, including peanuts and cashews
- Processed and/or smoked fish and meats
- Chose fresh or frozen over Canned
- Alcoholic beverages, including beer and wine

- Vinegars
- Leftovers over 24 hours old (Freeze immediately and use later if desired)
- Coffee – use only those tested for mold
- Black Tea – (Green tea is ok)
- Mushrooms
- Malt products
- Fermented products



## Yeast Cerevisiae Reactivity

Role of <i>S. cerevisiae</i>	Examples
Production of fermented beverages and breads	Wine, beer, cider, distilled beverages, bread, sweet breads, sourdough bread, cocoa, fermented juices, and honey
Food spoilage	Processed fruit products – juices, purées, fruit pieces, bakery products containing fruit

