

Vitae diagnostics



REACTIVE TO MOLD? NOW WHAT?

Reducing Exposure to Mold in Food for patients with elevated mold-related markers.

NEXT STEPS

Speak with your provider about:

- Environmental mold testing if symptoms persist
- Additional immune or inflammation markers like TGF-beta (Transforming Growth Factor Beta)
- Supportive therapies to reduce inflammation

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If you have any questions or need help creating a mold-reduced meal plan, ask your provider for a referral to a dietitian familiar with mold-related illness.

Note:

Reducing mold exposure can help ease inflammation and improve overall well-being. Always consult with your provider before making major dietary changes.



FOODS COMMONLY HIGH IN MOLD OR **MOLD BYPRODUCTS:**



Your recent test results indicate that your immune system may be reacting to mold. This reaction could be caused by breathing in mold from the environment or by eating foods that naturally contain mold or promote mold growth.

To support your health and reduce mold induced inflammation, we recommend minimizing foods high in mold.



AVOID OR SIGNIFICANTLY LIMIT THE FOLLOWING FOODS:

Nuts & Legumes

- **Peanuts** (particularly prone to mold contamination)

Dairy Products

- **All cheeses** (especially aged cheeses)

Fermented & Pickled Foods

Vinegar and anything containing vinegar:

- Mayonnaise
- Salad dressings
- Ketchup
- Pickles
- Chili sauce
- Green olives
- Mustard
- Sauerkraut
- Pickled or smoked meats and fish (e.g., ham, bacon, corned beef, sausages, deli meats, pickled tongue)

Breads & Baked Goods

- **Soured or yeasty breads** (pumpernickel, coffee cakes, etc.)

Alcoholic Beverages

- Beer
- Wine
- Sake
- Liquors
- Homemade ciders and root beers

Dried & Canned Foods

- **All dried fruits** (apricots, prunes, raisins, dates, figs)
- **Canned tomatoes** (unless homemade)
- Canned juices
- Any food from cans not freshly opened

Meats

- Avoid eating meat or fish that is more than 24 hours old
- Avoid foods made from leftovers (e.g., meatloaf, hash, croquettes)
- Avoid pre-ground meat unless freshly made

Tips for Reducing Dietary Mold Exposure

- Prioritize fresh foods.
- Cook and eat meals shortly after preparation.
- Store leftovers safely and consume within 24 hours.
- Choose freshly ground meats when possible.
- Make homemade sauces and dressings when practical.