

Foods High In Mold

Aged Cheese	Some cheeses are okay if milk is not a problem, e.g., cottage cheese, mozzarella, provolone, ricotta, Romano and farmer's cheese.
Beer	The darker the brew, the more mold it contains.
Bread Products	Check ingredients. Malted means moldy. Dough conditioners are moldy. Sourdough is worse (sometimes labeled yeast-free).
Corn	Ingredients derived from corn i.e., corn syrup, dextrose, cornstarch, high fructose corn syrup, as well as items made with corn: corn chips, popcorn, corn tortillas
Dried Fruit	Raisins, apricots, prunes, figs, etc.
Fruit/Fruit Juice	Oranges, grapes and melons except watermelon Commercial juices or cider are often made from moldy fruit; may contain mold enzymes added in processing
Hamburger	Often from aged meat; eat within a day of grinding.
Leftovers	Eat within 24 hours or freeze to stop mold growth.
Most Liquors	Vodka, tequila, clear rums are least moldy.
Multi-B Vitamins	Contain either yeast or mold (rice hulls are moldy).
Maple Syrup	
Mushrooms	
Nuts	Peanuts, pistachios, cashews and coconuts
Processed Meats	Hot dogs, sausage, salami, bologna, etc. Solid preserved meats such as ham, turkey, pastrami are ok.
Products of Aspergillus Fermentation	Soy sauce, soft drinks, chocolate, black tea, malt extract (bread, cereals), lactaid (milk additive), citric acid (common food additive - not derived from citrus fruit), digestive enzymes (pancreatic are okay), cholesterol-lowering enzymes.
Tomato Products	Juice, sauce, paste, ketchup, etc., are made from moldy tomatoes.
Wine and Wine Vinegar	Especially red wine since skin of grape is used in processing. Foods made with vinegar: ketchup, mustard, mayo, and salad dressings. White wine is least moldy.