

The MycobiomeHealth Food Plan is intended to focus on a low fungus/yeast/mycotoxin diet to address issues related to mold exposure and toxicity and a diet that allows for enhanced detoxification of fungal metabolites from the body.

- **FOCUS:**

- Foods rich in anti-fungal properties
- Low mold/mycotoxin containing foods
- Polyphenol rich foods to protect against damage from mycotoxin exposure (including quercetin and resveratrol rich food sources)
- Detoxifying foods to increase phase 2 conjugation and excretion of mycotoxins
- Binder foods to facilitate excretion of mycotoxins

- **ELIMINATE:**

- Foods high in mold/mycotoxins: Corn, mushrooms, peanuts, cashews, dairy products, grains, dried fruit, coffee, tea, yeast
- High carbohydrate food choices: High glycemic fruits, high glycemic starchy vegetables, grains, concentrated sugars
- Alcohol
- Yeast containing foods and fermented foods

- **ADDITIONAL GUIDELINES:**

- **ORGANIC:** Choose organic, non-GMO to minimize exposure to environmental pesticides/herbicides/fungicides
  - Reduce other toxins that may be found in food, such as BPA lining on cans, plastic packaging, etc.
- **COLOR:** Emphasize colorful foods to increase antioxidants, phytonutrient compounds and diversity in the diet
- **OPTIMIZE:** Increase nutrients in food by focusing on preparatory & cooking methods such as:
  - Soaking and sprouting legumes, nuts and seeds
  - Opt for ideal cooking methods: Steaming, braising, baking & roasting (avoid high heat), pressure cooker (particularly for legumes)

- **FOOD SENSITIVITIES:** Avoid foods that trigger an immune response. Consider food sensitivity and allergy testing to determine immune reactions to foods.

- Food Zoomers (wheat, corn, grain, soy, egg, dairy, lectins, seafood, mammalian milk, peanut, nuts)
- IgA+IgG Food Sensitivities
- IgG4 + C3D Food Reactions
- IgE Allergies

- **TEST CONSIDERATIONS:** *Test considerations for the mycobiome include Mycotoxins, Fungal Antibodies, Gut Zoomer, Organic Acids*

**KEY**

- ◉ Anti-fungal Properties
- ◊ Polyphenols
- △ Detoxifying Foods
- ⊕ Binders (Foods)

## Dairy & Alternatives

\_\_\_\_\_ Servings per day  
 Avoid dairy products, choose dairy alternatives

### Dairy Alternatives:

"Milk": (Almond, coconut, cashew 8oz  
 flax, hemp, hazelnut, oat, soy)  
 Vegan cheese 1oz  
 1 serving as listed = 25-120kcal, 1-9g protein, 1-4g  
 carbs (Nutritional values vary)

## Vegetables (Starchy)

\_\_\_\_\_ Servings per day

Acorn squash	1c
Butternut squash	1c
Parsnips	1/2 c
Pumpkin	1/2 c
Rutabaga	1/2 c

1 serving as listed = 25-120kcal, 1-9g protein, 1-4g carbs (Nutritional values vary)

## Vegetables (Non-Starchy)

\_\_\_\_\_ Servings per day  
 Choose a variety of colorful produce

Artichokes  $\Delta$   
 Asparagus  $\Delta$   
 Bamboo shoots  
 Beets  $\Delta$   
 Broccoli  $\square \Delta$

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Brussels sprouts  $\Delta$   
 Bok Choy  $\Delta$   
 Cabbage (green, red)  $\Delta$   
 Carrots  
 Cauliflower  $\Delta$   
 Celery  
 Cucumbers  
 Eggplant  
 Garlic  $\circ$   
 Ginger  $\Delta$   
 Green beans  $\square$   
 Green onion/Scallions  
 Greens:  
 Arugula/Roquette  $\Delta$ , Beet  $\Delta$ , Chard  $\Delta$ ,  
 Collard  $\Delta$ , Dandelion  $\Delta$ , Endive  $\Delta$ ,  
 Kale  $\circ \square \Delta$ , Microgreens  $\Delta$ , Mustard  $\Delta$ ,  
 Swiss chard  $\Delta$ , Turnip  $\Delta$ , Watercress  $\Delta$   
 Jerusalem artichokes (sunchokes)  
 Jicama  
 Leeks  $\circ \Delta$   
 Lettuce  
 Onion  $\circ \square \Delta$   
 Okra  $\circ$   
 Peppers, all  
 Radicchio  
 Radishes  $\Delta$   
 Scallions  $\circ$   
 Sea vegetables  
 Shallots  
 Spinach  
 Sprouts, all  $\square \Delta$   
 Squash: Delicata, spaghetti, yellow, zucchini, etc.  
 Tomato  
 Turnip  
 1 serving = 1/2c cooked, 1 C raw = 25kcal, 5g  
 carbs

## Fruits

\_\_\_\_\_ Servings per day  
 Limit intake of high glycemic fruits, dried fruit, fruit  
 juices, (high glycemic foods removed)

\_\_\_\_\_ Servings per day  
 Choose unsweetened, no sugar added

Apple $\square$	1 sm
Apricots $\square$	4
Blackberries $\square$	3/4 c
Blueberries $\square$	3/4 c
Cranberries $\square$	3/4 c
Grapefruit	1/2 med
Kiwi	1 med
Lemon $\Delta$	1
Lime $\Delta$	1
Papaya	1 c
Peach	1 sm
Pear	1 sm
Pomegranate seeds $\square$	1/2 c
Raspberries	1 c
Strawberries $\square$	1 1/4 c

1 serving as listed = 60kcal, 15g carbs

## Legumes

\_\_\_\_\_ Servings per day  
 Avoid peanuts

Beans: $\circ$	1/2 c
Black Beans, Black-eye peas, Broad beans, Chickpeas, Kidney beans, Mung beans, Navy beans, Pinto beans	
Green peas	1/2 c
Hummus	1/4 c
Lentils	1/2 c
Soybeans: $\square$	1/4 c
Edamame	1/4 c
Tofu	2-3 oz

1 serving = 110kcal, 15 carbs, 7g protein  
 (Nutritional values vary)

## Protein (Meat, Fish, Mollusks & Shellfish)

\_\_\_\_\_ Servings per day

*Organic, grass-fed/pasture raised animals, wild-caught seafood preferred*

### Meat & Eggs:

Beef, Bison, Chicken, Duck, Eggs, Lamb, Pork, Rabbit, Turkey, Venison

### Fish:

Alaskan pollock, Anchovy, Carp, Cod, Flounder, Herring, Halibut, Mackerel, Perch, Salmon, Sardines, Sea bass, Sole, Trout, Tuna, etc.

### Shellfish:

Crab, Lobster, Shrimp, Crayfish, etc.

### Mollusks:

Blue Mussel, Clam, Oyster, Scallops, Octopus, Pacific squid, Squid, etc.

### Protein powders:

Collagen peptides

*1 serving = 1 oz = 35-75kcal, 5-7g protein, 0-4g fat (Nutritional values vary)*

## GF Grains & Alternatives

\_\_\_\_\_ Servings per day

*Limit/avoid grains, choose grain free alternatives*

### Glute free alternatives:

Cassava	1/2 c
Crackers (Grain-free)	5-15
Pasta (GF, lentils/legume pasta)	1/2 c
Tapioca	1/2 c
Taro root	1/2 c

Tiger nut 1/2 c

*1 serving as listed = 80kcal, 15g carbs (Nutritional values vary)*

## Nuts

\_\_\_\_\_ Servings per day

*Ensure nuts are checked for mold*

Almonds	6
Brazil nuts	2
Hazelnuts	5
Macademias	2-3
Nut butters (any nut listed)	1/2 T
Pecan halves	4
Pine nuts	1 T
Pistachios ◻	16
Sweet Chestnut	10
Walnut halves	4

*1 serving as listed = 45kcal, 5g fat (Nutritional values vary)*

## Seeds

\_\_\_\_\_ Servings per day

*Ensure seeds are checked for mold*

Chia seeds ◉	1 T
Flaxseed ◉	2 T
Hemp seeds	1 T
Seed butters (any seed listed)	1/2 T
Poppy seeds	2 T
Pumpkin seeds	1 T
Sesame seeds	1 T
Sunflower seeds	1 T

*1 serving as listed = 45kcal, 5g fat (Nutritional values vary)*

## Fats & Oils

\_\_\_\_\_ Servings per day

*Choose cold pressed & minimally refined; incorporate sufficient healthy fats*

### Fats:

Avocado	2 T or 1/8 Whole
Coconut (milk, meat, butter) ◉	1 t - 2T
Olives: Black, green,	8
kalamata Pesto (olive oil)	1 t

### Oils:

Almond, Avocado, Coconut (caprylic acid) ◉, Flaxseed,	1t
Ghee/clarified butter, Hempseed, Olive (extra virgin), Sesame Oils, Walnut	

*1 serving as listed = 45kcal, 5g fat (Nutritional values vary)*

## Spices

Anise  
 Basil ◉  
 Bay leaf  
 Black pepper  
 Caraway  
 Cardamom  
 Cayenne pepper  
 Cilantro ▲  
 Cinnamon ◉ ◻  
 Clove ◉  
 Common thyme ◉  
 Coriander  
 Cumin ◉  
 Curry powder

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Dill  
Habanero pepper  
Horseradish  
Hot paprika powder  
Jalapeno pepper  
Lemongrass  
Mint  
Mustard  
Nutmeg  
Oregano ◉  
Parsley Δ  
Rosemary ◉  
Sage ◉  
Thyme ◉  
Turmeric ◊  
Vanilla bean  
Woo-hsiang powder

## Miscellaneous

**Condiments:** (Limit fermented/yeast containing condiments)

Mustard, Tamari, Coconut aminos, Vinegars,  
Apple cider vinegar, Ketchup

**Other:**

Aloe vera ◉, Carob, Cocoa, Chlorella ◉,  
Psyllium Δ

## Beverages

Unsweetened, no sugar added

Broth (organic) Δ: Bone meat, vegetable

Coconut water

Filtered water

Sparkling/mineral water

Tea: Green ◊

Vegetable juice (raw, cold-pressed, green) Δ

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