

Body Code System™

Anti-Fungal/Mold Dietary Suggestions

AVOID These Foods			
Sugar	Sugar Honey	Syrup Molasses	Chocolate Artificial Sweeteners
Alcohol	Wine and Beer	Spirits	Liquors
Grains, Gluten	Wheat, Rye	Oats, Barley	Corn, Rice
Fruit	Fresh	Dried	
Vegetables	Root vegetables	Peas	
Meats	Pork	Cured meats	Processed meats
Fish	All except wild salmon	Shellfish	
Dairy Products	Cheese	Milk and Cream	Whey Products
Beverages	Coffee, Tea	Sodas, Energy drinks	Juices
Beans	Soy (all products)	Beans	Legumes
Nuts	Cashews	Peanuts	Pistachios
Condiments	Ketchup and Mayo	Relish	Soy Sauce
Fats, Oils	Peanut and Corn oil	Canola oil	Soy oil

EAT These Foods			
Vegetables	All non starchy vegetables (grows above the ground)		
Live Cultures	Yogurt (no added sugar) Kefir	Sauerkraut Kimchee	Other fermented vegetables
Meat	Beef, Chicken	Lamb, Turkey	*All organic free range
Fish	Wild Salmon, Anchovies	Herring	Sardines
Nuts and Seeds	Almonds, Flax Coconut meat	Hazelnut Pecans	Sunflower Seeds Walnuts
Grains (non-gluten)	Buckwheat, Oat bran	Quinoa	Millet
Herbs and Spices	Any		
Fats, Oils	Virgin Coconut Oil Olive Oil	Flax Oil Sesame Oil	Butter
Sweeteners	Stevia	Xylitol	
Beverages	Probiotic drinks	Herbal teas	Lemon water