

Fungal Diet – Avoid	Substitutes
Sugar	Stevia
Honey	
Maple Syrup	
Corn Syrup	
Dried Fruit	
Fruit Juice	Fresh Squeezed
Yeast	Sourdough Bread
Fermented Foods including	
Vinegar	Sauerkraut
Alcohol	
Soy Sauce	
Tamare	
Tempeh	
Miso	
Cheese	
	Cottage Cheese
	Sour Cream
	Ricotta Cheese
	Cream Cheese
	Plain Yogurt