

Break the mold

Molds are fungi and some of them are extremely dangerous., causing allergic reactions and respiratory distress. Some molds even produce "mycotoxins" in the right conditions and these can be poisonous.

1



Where are molds found?



Just about everywhere!
Indoors and outdoors!



Warm and humid conditions encourage mold growth

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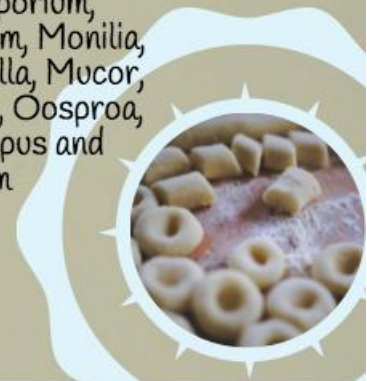
Molds form spores and can float in the air.

2



Common Molds

Alternaria, Aspergillus, Botrytis, Cladosporium, Fusarium, Geotrichum, Monilia, Manosculus, Mortierella, Mucor, Neurospora, Oidium, Oosproa, Penicillium, Rhizopus and Thamnidium



3



Got mold?



Some foods can still be eaten if the mold is cut off:
Hard cheese, salami, hard fruits and vegetables, and dry-cured hames. Just be sure to cut off at least one inch around and below the site of the mold.



*Foods that cannot be eaten when mold is present:
most meats, poultry, soft cheese, yogurt and sour cream, jams and jellies, soft fruits and vegetables, bread and baked goods, peanuts and other legumes, and nuts.*

http://www.nutfruit.org/global-statistical-review_13608.pdf

<http://www.besthealthmag.ca/best-eats/nutrition/the-health-benefits-of-walnuts#6THEwzDAXGbam6yd.97>

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