

MOULDS AND MYCOTOXINS

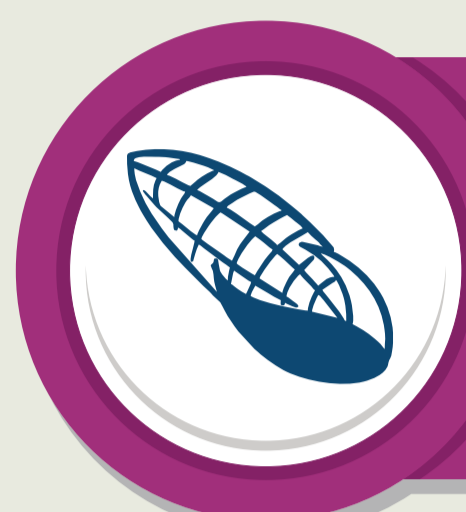
Some of the compounds that moulds produce are useful, like antibiotics. Many of them, however, are harmful to human health, such as the mycotoxins. Mycotoxins occur frequently in our food and our homes.

Moulds discharge spores into the air and can therefore spread easily.

THEY CAN BE FOUND



on the internal walls of buildings, bathrooms, and in the different water appliances



on cereals, especially wheat, rye and corn



in whole wheat bread and bakery products



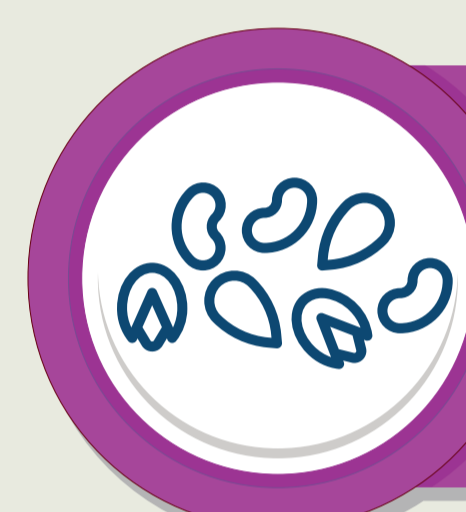
in whole wheat cereal flakes, muesli and pasta



in beer and coffee



in dried fruits



in walnuts, hazelnuts, pistachios and almonds

THEIR EFFECTS ON HUMAN HEALTH

mycotoxins can harm the liver and kidneys



some of them are carcinogenic



they can cause mutations in the DNA



mould spores can cause allergies and in more serious cases asthma and respiratory infections



they can damage the nerves



they can disrupt the hormone system



they can reduce the function of the immune system



ADVICE ON HOW TO AVOID MOULDS AND MYCOTOXINS



Always buy your cereals from a reliable source!



Don't consume more from a certain food than the daily recommendation! Try to not overeat from dried fruit and seeds. Do not provide too much whole wheat cereal flakes and bakery products to your children!



Even if the mould stain is small, wrap the mouldy food and remove it from your home!



Pay attention to the causes of mould at home (water damage, high humidity indoors). If there is mould at home, remove it as soon as possible with the help of an expert!



Certain species of mould are used by the food industry to produce fermented products. These are the "noble moulds" used to make certain cheese and salamis.