

# GROUP 10

## Corn

### Foods to avoid in your diet for the next 12 hours:

Your diet consists of anything you EAT, DRINK, RUB ON YOUR SKIN or INHALE. You must avoid eating, drinking, touching, or smelling the following.

- Avoid anything containing High Fructose Corn Syrup
- Corn oil
- Corn starch
- Carbonated drinks
- Bread
- Hand lotions
- Baby powder and powders that contain cornstarch
- Aspirin
- Make-up
- Shampoos
- Toothpaste
- Baking soda
- Baking powder
- Deodorant

**Diet tip:** Be sure to read labels carefully. You will find it difficult to avoid corn, read every label and be careful.

### YOU CAN EAT OR DRINK

- White rice that is boiled and rinsed
- Fruits
- Chicken
- Cooked or raw vegetables
- Coffee or tea without cream or corn sugar
- Plain baked potatoes
- Sugar
- Distilled water.