

GROUP 11

Grains

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 made from or containing Grain
- Wheat
- Oats
- Rice
- Barley
- Rye
- Millet
- Arrowroot

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

YOU CAN EAT OR DRINK

- Fruits
- Vegetables
- Meats
- Milk
- Tea
- Coffee
- Sugar
- Salt
- Water