

GROUP 12

Yeast

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.

- Brewer's yeast
- Bakers yeast
- Baked goods
- Sugars
- Fruits
- Soy sauce
- Alcoholic beverages
- Any foods that may contain yeast
- Raw fruits
- Raw vegetables

Diet tip: Be sure to read labels carefully. Wash all vegetables well.

YOU CAN EAT OR DRINK

- Beef
- Pork
- Chicken
- Fish
- White rice boiled and rinsed
- Tea
- Coffee
- Salt
- Beans
- Water