

GROUP 14

Vegetable Fat

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.

- Vegetables
- Olive oil
- Corn oil
- Canola oil
- Peanut oil
- Linseed oil
- Safflower oil
- Coconut oil
- Palm oil
- Breads, crackers, cookies, Italian food
- Vegetarian Soap
- Skin lotions, shampoo or conditioner containing any of the above oils
- Make-up made from any of the above oils

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

YOU CAN EAT OR DRINK

- **White rice boiled and rinsed**
- **Eggs**
- **Meats**
- **Chicken**
- **Real Butter**
- **Fruits**
- **Tea or Coffee**
- **Sugar**
- **Salt**
- **Animal fats**
- **Water**
- **Anything without Vegetable fat**