

# GROUP 15

## Acid Digestion

### 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.

- Sugar
- Starches
- Meats
- Grains
- Fruit
- Coffee
- Tea
- Carbonated beverages

### YOU CAN EAT OR DRINK

- Raw or steamed vegetables
- Cooked beans
- Milk