

GROUP 17

Hormone Secretions

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.

- Milk and Milk products
- Beef
- Pork
- Chicken
- Birth control pills if possible
- Hormone replacement therapy medication if possible
- Vitamin and herbal supplements
- Protein powder supplements
- Soy

YOU CAN EAT OR DRINK

- **Vegetables**
- **Fish**
- **Anything not included in the list above**