

GROUP 1

Egg

Examples of egg products and products containing eggs

- Eggs, egg whites, egg yolks
- Dried eggs or egg powder
- Egg solids

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.

- Chicken
- Protein power made from egg
- Eggnog
- Bavarian creams
- Breaded foods
- Cake
- Candy
- Cookies
- Creamed foods
- Cream pies
- Cream puffs
- Custard
- Doughnuts
- Egg rolls
- Egg noodles
- Frosting
- Hollandaise sauce
- Ice cream
- Mayonnaise
- Marshmallows
- Meat or fish cooked in batter
- Meringue
- Muffins
- Pretzels
- Pudding
- Simplese (fat substitute)
- Soufflés
- Tartar sauce
- Deep Fried Foods
- Shampoo, Conditioner, Lotions containing egg
- Waffles, Pancakes

Ingredients to look for:

- Globulin
- Albumin
- Apovitellenin
- Livetin
- Ovalbumin
- Ovomucin
- Ovomuciod
- Ovovitellin
- Phosvitin

Diet tip: Be sure to read labels carefully. For example, some egg substitutes contain egg white.

Note: Do not use any soaps or lotions for 12 hours post treatment.

YOU CAN EAT OR DRINK

Fruits, Vegetables, Beef, Pork, Fish, Coffee, Tea, Soft Drinks, Milk Products, Salt, Sugar and White rice that is boiled and rinsed.