

# Group 3

## Vitamin C

### 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.

- Fresh fruits
- Dried fruits
- Vegetables
- Pickles, Olives, anything pickled
- Any juice, soft drinks, lemonade, milk, tea etc.
- Sauces of any kind
- Salad dressing or salads
- Artificial sweeteners
- Vitamin C supplements
- Do not take any vitamin supplements
- Any food or drink that has added vitamin C

### FOODS YOU CAN EAT OR DRINK

- Eggs boiled or poached
- Oatmeal without milk
- Grilled chicken or fish
- Beef or Pork plain
- Sugar
- Salt
- Coffee
- Oils
- White rice that is boiled and rinsed
- Water