

Group 4

B Vitamins

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.

Examples of products containing B Vitamins:

- Brewers yeast
- Wheat germ
- Whole grains
- Vitamin fortified foods or drinks
- Milk
- Brown rice
- Beef
- Pork
- Eggs or egg products
- Molasses
- Organ meats
- Vegetables
- Fruit
- Soy
- Milk products
- Yogurt
- Bran
- Cake
- Candy
- Cookies
- Doughnuts
- Egg rolls
- Egg noodles
- Frostings
- Ice cream
- Brown rice
- Beans
- Nuts of any kind
- Bread or any grain product
- Apples
- Shampoo, Conditioner, Lotions that are vitamin fortified

Diet tip: Be sure to read labels carefully. Do not consume anything that is uncooked or vitamin fortified.

YOU CAN EAT OR DRINK

White rice that is boiled and rinsed, cooked cauliflower, well cooked fish, black coffee, sugar, salt and water.