

# GROUP 6

## Vitamin A

### 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.

- Raw fruits or vegetables
- Yellow fruits
- Yellow vegetables
- Carrots
- Green peppers
- Fish or fish products
- Milk or anything that contains milk
- Corn or anything that contains corn
- Shampoos or lotions that are vitamin fortified or may contain vitamin A

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

### YOU CAN EAT OR DRINK

White rice that is boiled and rinsed, chicken, plain baked potatoes, black coffee, tea without milk, and water.