

# GROUP 7

## Iron

### 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.

- Fruits
- Vegetables
- Molasses
- Sunflower seeds or sunflower oil
- Nuts
- Beans
- Sesame seeds or oil
- Coffee
- Tea
- Brewers or bakers yeast
- Egg yolk
- Liver, organ meats or red meat
- Fish or shellfish
- Chocolate
- Vitamin or mineral supplements
- Bread of any kind

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

### YOU CAN EAT OR DRINK

White rice that is boiled and rinsed, chicken, plain baked potatoes, orange juice and water.