

GROUP 9

Salt

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.

- Mineral water
- Tap water (you must wash and brush your teeth with distilled water)
- Salt
- Fruits
- Vegetables
- Fish or shellfish
- Fast foods
- Foods processed with salt
- Cured meat, bacon, ham etc.
- Coffee
- Canned foods
- Frozen foods
- Cheese
- Dried beef or pork
- Avoid sweating
- Anything that could possibly contain salt
- Butter and dairy products

Diet tip: Be sure to read labels carefully.

YOU CAN EAT OR DRINK

White rice that is boiled and rinsed, chicken, plain baked potatoes, sugar and distilled water.