

GROUP 10: CORN

Foods to avoid in your diet for the next 24 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.

- Avoid anything containing High Fructose Corn Syrup
- Corn oil
- Corn starch
- Carbonated drinks
- Bread
- Hand lotions
- Baby powder and powders that contain cornstarch
- Aspirin
- Make-up
- Shampoos
- Toothpaste
- Baking soda
- Baking powder
- Deodorant

Diet tip: Be sure to read labels carefully. You will find it difficult to avoid corn, read every label and be careful.

YOU CAN EAT OR DRINK

White rice that is boiled and rinsed, fruits, chicken, cooked or raw vegetables, coffee or tea without cream or corn sugar, plain baked potatoes, sugar and distilled water.