

GROUP 11: GRAINS

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 made from or containing Grain
- Wheat
- Oats
- Rice
- Barley
- Rye
- Millet
- Arrowroot

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

YOU CAN EAT OR DRINK

Fruits, Vegetables, Meats, Milk, Tea, Coffee, Sugar, Salt, and Water