

GROUP 12: YEAST

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.

- Brewer's yeast
- Bakers yeast
- Baked goods
- Sugars
- Fruits
- Soy sauce
- Alcoholic beverages
- Any foods that may contain yeast
- Raw fruits
- Raw vegetables

Diet tip: Be sure to read labels carefully. Wash all vegetables well.

YOU CAN EAT OR DRINK

Beef, Pork, Chicken, Fish, White rice boiled and rinsed, Tea, Coffee, Sugar, Salt, Beans and Water.