

## GROUP 13: ANIMAL FAT

### 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.

- Butter
- Milk
- Lard
- Meats
- Fish
- Fish oils
- Chips
- Fast foods
- Foods deep fried
- Cakes
- Cookies
- Ice cream
- Gelatin
- Chili
- Fried foods
- Soap (use only vegetarian soap)
- Skin lotions
- Make-up made from animal fat

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

### YOU CAN EAT OR DRINK

Fruits, Vegetables, Tea or Coffee without milk, Sugar, Salt, Olive oil, Vegetable oil, Water and anything without animal fat.