

## GROUP 14: VEGETABLE 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.**

- Vegetables
- Olive oil
- Corn oil
- Canola oil
- Peanut oil
- Linseed oil
- Safflower oil
- Coconut oil
- Palm oil
- Breads, crackers, cookies, Italian food
- Vegetarian Soap
- Skin lotions, shampoo or conditioner containing any of the above oils
- Make-up made from any of the above oils

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

### YOU CAN EAT OR DRINK

White rice boiled, Eggs, Meats, Chicken, Real Butter, Fruits, Tea or Coffee, Sugar, Salt, Animal fats, Water and anything without Vegetable fat.