

Group 4: B VITAMINS

Examples of products containing B Vitamins:

- Brewers yeast
- Whole grains
- Milk
- Wheat germ
- Vitamin fortified foods or drinks
- Brown rice

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.

- Beef
- Eggs or egg products
- Organ meats
- Fruit
- Milk products
- Bran
- Candy
- Doughnuts
- Egg noodles
- Ice cream
- Beans
- Bread or any grain product
- Shampoo, Conditioner, Lotions that are vitamin fortified
- Pork
- Molasses
- Vegetables
- Soy
- Yogurt
- Cake
- Cookies
- Egg rolls
- Frostings
- Brown rice
- Nuts of any kind
- Apples

Diet tip: Be sure to read labels carefully. Do not consume anything that is uncooked or vitamin fortified.

YOU CAN EAT OR DRINK

White rice that is boiled and rinsed, cooked cauliflower, deep fried or well cooked fish, french fries, black coffee, sugar, salt and water.