

GROUP 5: SUGAR

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.

- Any produce that contains any ingredient that ends with OSE.
- Glucose Fructose
- Dextrose Maltose
- Sucrose Lactose
- Corn sugar (high fructose corn syrup)
- Honey Molasses
- Rice sugar Sugar free drinks
- Toothpaste Mouth Wash

Diet tip: Be sure to read labels carefully. Do not consume anything that may contain sugar or a sugar substitute.

YOU CAN EAT OR DRINK

White rice that is boiled and rinsed, French fries, black coffee, tea without milk, vegetables, potatoes, vegetable oils, beef, chicken, pork, eggs, and water.