

GROUP 6: VITAMIN A

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.

- Raw fruits or vegetables
- Yellow fruits
- Yellow vegetables
- Carrots
- Green peppers
- Fish or fish products
- Milk or anything that contains milk
- Corn or anything that contains corn
- Shampoos or lotions that are vitamin fortified or may contain vitamin A

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

YOU CAN EAT OR DRINK

White rice that is boiled and rinsed, chicken, French fries, plain baked potatoes, black coffee, tea without milk, and water.