

GROUP 7: IRON

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.

- Fruits
- Vegetables
- Molasses
- Sunflower seeds or sunflower oil
- Nuts
- Beans
- Sesame seeds or oil
- Coffee
- Tea
- Brewers or bakers yeast
- Egg yolk
- Liver, organ meats or red meat
- Fish or shellfish
- Chocolate
- Vitamin or mineral supplements
- Bread of any kind

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

YOU CAN EAT OR DRINK

White rice that is boiled and rinsed, chicken, french fries, plain baked potatoes, orange juice and water.