

## GROUP 8: MINERALS

### 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.**

- Mineral water
- Tap water (you must wash and brush your teeth with distilled water)
- Salt
- 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
- You must use plastic utensils when eating
- Avoid touching metals and in severe cases wear gloves when touching metals
- Avoid wearing jewelry
- If you must wear jewelry, cover rings or metal buttons with masking tape

**Diet tip:** Be sure to read labels carefully. Do not consume anything that is vitamin or mineral fortified or take supplements or herbs.

### YOU CAN EAT OR DRINK

White rice that is boiled and rinsed, chicken, french fries, plain baked potatoes (not wrapped in foil), sugar and distilled water

Do not use any Antiperspirant (because of the aluminum content).