

GROUP 14: VEGETABLE FAT

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.

- Vegetables
- Olive oil
- Corn oil
- Canola oil
- Peanut oil
- Linseed oil
- Safflower oil
- Coconut oil
- Palm oil
- Breads, crackers, cookies, Italian food
- Vegetarian Soap
- Skin lotions, shampoo or conditioner containing any of the above oils
- Make-up made from any of the above oils

Diet tip: Be sure to read labels carefully. You will find it difficult to avoid Vegetable Fat, read every label and be careful.

YOU CAN EAT OR DRINK

White rice boiled, Eggs, Meats, Chicken, Real Butter, Fruits, Tea or Coffee, Sugar, Salt, Animal fats, Water and anything without Vegetable fat.