

THE "NO NO'S" VERSUS THE "YES YES'S" IN FOOD.

DO NOT EAT OR DRINK THE FOLLOWING: "NO NO'S"

CAKE	COCOA	HONEY	FROZEN FRUIT
CANDY	HI C DRINK	JAM	GUM
COOKIES	KOOLADE	JELLY	MARSHMALLOWS
MILK SHAKE	GRAHAM CRACKERS	PEANUT BUTTER	MOLASSES
ICE CREAM	OVALTINE	PANCAKES	PUDDING
JELLO	SOFT DRINKS	RAISINS	WHITE BREAD
PIES	MALTED MILK	WHITE CRACKERS	SYRUP
SHERBET	SWEETENED JUICES	RITZ CRACKERS	WAFFLES
SUGAR	GOLDFISH CRACKERS	APPLE SAUCE	DATES
APPLE JUICES	FIGS	SALTINE CRACKERS	CANNED FRUIT
GRAPES	CHOCOLATE DRINKS	CUSTARD	BAGELS
DONUTS	DRY CEREAL	POP TARTS	

*If any of these foods are eaten you must rinse your mouth thoroughly when finished.

SNACKS: "YES YES'S"

NUTS	POPCORN	CARROTS	CELERY
TOMATOES	CHEESE	BOLOGNA	SALAMI
BEANS	OLIVES	RADISHES	ORANGES
MILK			

*If any of these foods are eaten you must rinse your mouth thoroughly when finished.

YOU MAY EAT OR DRINK THE FOLLOWING:

MEAT	EGGS	COOKED CEREAL	POULTRY
CHEESE	SHREDDED WHEAT	FISH	MUSHROOMS
PUFFED RICE	SEAFOOD	BUTTER	PUFFED WHEAT
MILK	MARGARINE	RYE BREAD	BUTTERMILK
MACARONI	WHOLE GRAIN BREAD	SOUP	SPAGHETTI
POPCORN	SOUP	NUTS	TRISCUITS
UNSWEETENED JUICES			

FRESH, FROZEN AND CANNED VEGETABLES

ARTICHOKES	CARROTS	LETTUCE	SAUERKRAUT
ASPARAGUS	CAULIFLOWER	OLIVES	SQUASH
BEANS	CELERY	ONIONS	SPINACH
BEETS	BRUSSEL SPROUTS	BROCCOLI	CABBAGE
CORN	CUCUMBER	EGGPLANT	ENDIVE
PEAS	PEPPERS	POTATOES	RADISHES
TOMATOES	TURNIP	WATER CRESS	ZUCCHINI

FRESH FRUITS

APRICOTS	CANTALOUPE	GRAPEFRUIT	BANANAS
AVOCADO	APPLES	ORANGES	PEARS
BERRIES	CHERRIES	PEACHES	TANGERINE