

Foods to Avoid

Milk, ½+ ½ All Cheese

Cottage Cheese Cream Cheese Ricotta Cheese

Ice cream, frozen yogurt

Butter/ Margarine

Buttermilk

Milk Chocolate

Evaporated Milk

All raw vegetables (cooked OK)

Salads, Beans

Alcohol

Foods TO EAT

Bananas, Chicken (no skin)

Apple sauce, Toast, crackers

Rice/Pasta