

<b>BREAD, CEREALS, GRAINS</b>	
<p>Okay to Eat:</p> <ul style="list-style-type: none"> <li>• Breads made from white flour including white bread, rolls, biscuits, bagels, English muffins and croissants</li> <li>• Waffles, French toast and pancakes from white flour</li> <li>• Crackers, zwieback, melba and matzoh (no cracked wheat or whole grains)</li> <li>• Plain pasta or noodles and white rice</li> <li>• Peeled, cooked potatoes</li> <li>• Cold cereals: Corn Flakes, Cheerios or Rice Krispies</li> <li>• Cooked cereals: Farina, Cream of Rice, Cream of Wheat</li> </ul>	<p>Avoid:</p> <ul style="list-style-type: none"> <li>• Breads made with whole wheat or whole grains, rye bread, pumpernickel or cornbread</li> <li>• Any breads with seeds or nuts</li> <li>• Cold cereals: Granola, All Bran, Raisin Bran or Wheaties</li> <li>• Wheat Germ</li> <li>• Cooked cereals: Kasha or Oatmeal</li> <li>• Potatoes with skin</li> <li>• Graham Crackers</li> <li>• Nuts and seeds</li> </ul>
<b>MEAT, FISH, POULTRY AND PROTEIN</b>	
<p>Okay to Eat:</p> <ul style="list-style-type: none"> <li>• Tender Cuts of Meat, ground Meat</li> <li>• Tofu</li> <li>• Fish and shellfish</li> <li>• Eggs</li> <li>• Creamy Peanut Butter</li> </ul>	<p>Avoid:</p> <ul style="list-style-type: none"> <li>• All Beans, Nuts, Peas, Lentils</li> <li>• Tough Meat with Gristle</li> <li>• Processed Meats, hot dogs, sausage and cold cuts</li> <li>• Chunky peanut butter</li> </ul>
<b>DAIRY: MILK AND CHEESE</b>	
<p>Okay to Eat:</p> <ul style="list-style-type: none"> <li>• Milk, chocolate milk, buttermilk and milk drinks</li> <li>• Yogurt without seeds, granola, nuts or fruit with skin</li> <li>• Sour Cream, Cottage Cheese, Custard or Pudding</li> <li>• Ice Cream or frozen desserts</li> <li>• Cream Sauces and Cream Soups</li> </ul>	<p>Avoid:</p> <ul style="list-style-type: none"> <li>• Yogurt with seeds, granola, nuts or fruit with skin</li> </ul>
<b>VEGETABLES AND POTATOES</b>	
<p>Okay to Eat:</p> <ul style="list-style-type: none"> <li>• Tender, well-cooked fresh or canned vegetables without seeds, stems or skins</li> <li>• Cooked sweet or white potatoes without skins</li> <li>• Strained vegetable juices without pulp or spices</li> </ul>	<p>Avoid:</p> <ul style="list-style-type: none"> <li>• All raw or steamed vegetables</li> <li>• Peas, corn, cabbage, broccoli, cauliflower, brussels sprouts, green beans, potatoes with skins and onions</li> <li>• All types of beans</li> <li>• Sauerkraut</li> </ul>
<b>FRUITS</b>	
<p>Okay to Eat:</p> <ul style="list-style-type: none"> <li>• Soft canned or cooked fruit without seeds or skins</li> <li>• Juice without pulp</li> <li>• Soft melons</li> <li>• Jelly without pulp</li> </ul>	<p>Avoid:</p> <ul style="list-style-type: none"> <li>• Dried Fruits</li> <li>• All raw fruits and berries</li> <li>• Coconut</li> <li>• Prune Juice, prunes and raisins</li> </ul>
<b>OTHER</b>	
<p>Okay to Eat:</p> <ul style="list-style-type: none"> <li>• Margarine, butter and oils in small amounts</li> <li>• Plain bouillon and broth</li> <li>• Ketchup and mild mustard</li> <li>• Mayonnaise and mild salad dressing</li> <li>• Plain gravies</li> <li>• Spices, cooked herbs and salt</li> <li>• Sugar, honey and syrup and clear jellies</li> <li>• Hard candy and marshmallows</li> <li>• Plain chocolate</li> </ul>	<p>Avoid:</p> <ul style="list-style-type: none"> <li>• Marmalade</li> <li>• Salad dressing with seeds or nuts</li> <li>• Pickles, olives, relish, and horse radish</li> <li>• Popcorn</li> <li>• Potato chips</li> <li>• Nuts and seeds</li> </ul>