

<b>BREAD, CEREALS, GRAINS</b>	
<b>Okay to Eat:</b> <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>	<b>Avoid:</b> <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>	
<b>Okay to Eat:</b> <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>	<b>Avoid:</b> <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>	
<b>Okay to Eat:</b> <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>	<b>Avoid:</b> <ul style="list-style-type: none"> <li>Yogurt with seeds, granola, nuts or fruit with skin</li> </ul>
<b>VEGETABLES AND POTATOES</b>	
<b>Okay to Eat:</b> <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>	<b>Avoid:</b> <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>	
<b>Okay to Eat:</b> <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>	<b>Avoid:</b> <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>	
<b>Okay to Eat:</b> <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>	<b>Avoid:</b> <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>