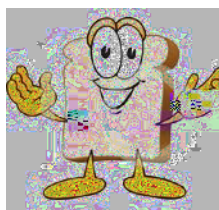
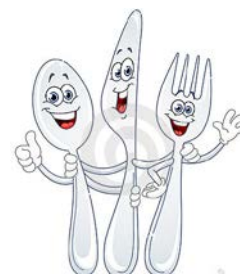




Nutrition Guidelines for





Foods to Focus on	Foods to Limit
Well-cooked vegetables such as:  x Carrots, green beans, spinach, beets, potatoes (without skin), asparagus tips, lettuce, cucumbers (without skin or seeds), tomato sauce and tomatoes (without skin or seeds), squash (without skin or seeds)	- x Raw vegetables - x Onions, cauliflower, broccoli, cabbage, brussel sprouts, corn, kale, peas
Fruits - x Bananas, oranges, - x The following fruits may cause diarrhea. Start with small portions to test tolerance: prunes, pears, nectarines, peaches, plums, apples 	x Dried fruits, fruit skins, peels and seeds
Healthy Fats x olive oil, canola oil, nuts, avocado	x