

SUGGESTED FOODS TO EAT

- Fruits:
 - Bananas
 - Oranges
 - Strawberries
 - Apples
 - *All fruits fresh or frozen*
- Vegetables
 - Broccoli
 - Green beans
 - Carrots
 - Bell peppers
 - Cucumbers
 - *All vegetables fresh or frozen*
- Whole grains
 - Potatoes
 - Sweet potatoes
 - Brown Rice
 - Popcorn
 - Corn
 - Whole grain pasta
- Nuts & Seeds
 - Almonds
 - Cashews
 - Walnuts
 - Pistachios
 - Sunflower seeds

SUGGESTED FOODS TO AVOID DURING FAST

- Snacks: Chips, cookies, crackers
- Sweets:
 - Candy
 - Cakes, cupcakes
 - Ice cream
 - *Foods with refined sugars*
- Sugary drinks
 - Sodas
 - Juices
- Fried food
- Fast food:
 - McDonalds
 - Taco Bell
 - Chik-Fil-A
 - *Fast food establishments*