

Artificial Sweetener Mix (Equal, Nutrasweet, Aspartame, Sorbitol, Sweet and Low, Sucralase, Saccharine, Twin, Splenda, Sorbitol twin and products like Stevia, Truvia and Agave)

YOU MAY NOT EAT OR TOUCH: items containing the above artificial sweeteners, such as soft drinks, sweet relish, pickles, sauces, cookies, candy, tooth paste, mouthwash, ice tea, Vitamin C, etc.

YOU MAY EAT: anything without artificial sweeteners. Use freshly prepared items only.