

Gum Mix (Acacia, Karaya gum, xanthine gum, black gum, sweet gum, chewing gum)

YOU MAY NOT EAT OR TOUCH: soft drinks, glues, chewing gum, processed foods, jello, marsh mellowes, gummy candies, cream cheese and carbonated drinks. Read labels on containers.

YOU MAY EAT OR USE: anything not containing gums. You may eat whole, unprocessed foods, rice, pasta, vegetables, fruits without skins, meats, eggs and chicken.