

## **Dietary Advise**

High carbohydrate, Low fat, with MCT

### **Allowed**

Orange Juice  
Mild, Yogurt  
Cauliflower  
Cabbage  
Mushroom  
Onions  
Potatous (Boiled)  
Radish  
Banana  
Mangos  
Rice  
Noodles  
Egg  
Cheese  
Butter  
Sugar

### **Not allowed**

Juices containing berries  
Tea  
Cocoa  
Lamon  
Beans  
Tomato  
Beet roots  
Carrots  
French fries  
Sweet potato  
Wheat green  
Cereals  
Nuts  
Chocolate  
Pepper