

DA Diet for Level 2 and 3 Patients (as advised by the doctor)

Please Eat Only These Foods during the Three Critical Days (Day Before/During/After Shot)

Also avoid any foods in this list to which you know you are allergic/intolerant/sensitive

- Lamb, Rabbit, Venison, Fish, other meats that you do not react to and have not been eating daily
- Sweet potatoes or yams
- Parsnips, rutabagas, tapioca or cassava root
- Cooked carrots, celery and cabbage
- Lettuce, any type, raw or cooked
- Tapioca, cassava, yucca of any type, plain
- Rhubarb
- Pure Baking Soda (no additives)
- Sea Salt, plain, non-iodized (no regular salt)
- Filtered or purified water, flat or fizzy for drinking or cooking

Avoid all margarine and other seasonings totally. Any food not listed above is not recommended during the critical three days. This includes supplements, herbs, beverages, chewing gum, and any other things you put in your mouth.

- Environmental Allergies- if you have them, avoid known allergens as much as possible (feathers, animals, dust, scents, outdoor work)