

Here is snack information to consider as you go through treatment:

Foods that are DRYING to your insides (which you want to reduce during your treatment):

Just about anything baked and made with flour like:

Pretzels
Chips (Potato, Corn... any fried or baked chips)
Most cookies, especially things like graham crackers
Most breads

Salty foods, especially those made with commercial or kosher salts:

Again, pretzels
Fast food of almost any kind
Pre-packaged foods, like frozen dinners
Pizza
Many canned soups
Deli meats
Some cheeses

Food that are JUICY and moist to your insides (which you want to increase during your treatment):

Soup made with fresh ingredients
Water
Veggies, especially lightly steamed, blanched or stewed
Fruits.. things like grapes, apples, peaches, applesauce, etc.
Herbal teas that are not caffeinated
Hummus with fresh veggies (cucumbers work great since they are so full of water)
Fermented or pickled foods that are not full of commercial salt like pickles, sauerkraut.

For more information, visit www.bridgettekossor.com
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