



Meal Type | Lunch / Dinner

**MEAL CODE** | **RVML (VEGETARIAN RAW MEAL)**

Effective Date | 01 June 2009

**ALTERNATE NAMES:**

**GUIDELINES:**

**USE :**

Raw vegetable vegetarians.

**CHARACTERISTICS :**

Combination of raw fruit and vegetables.

**NOTE :**

Products with added Omega 3 fatty acids normally use fish oil and are therefore not suitable. Read all labels. Note that some vegetarians prefer foods grown and processed organically.

**PROHIBITED**

- Caffeinated beverages
- Highly processed foods
- Additives
- Preservatives

**ACCEPTABLE**

- Raw fruit and vegetables
- Pure fresh fruit / vegetable juices