

Elimination diet – Hydrogen Breath Test

For 1-2 days before your test, you may **only** consume the following food and drinks. Foods listed are the only allowed options. If a food is not listed, do not eat it. Please do not telephone to ask about the suitability of other foods. Salt and pepper is allowed.

Breakfast cereals	Starchy foods	Meat/Meat alternatives	Vegetables	Dairy	Fruit (fresh only)
Corn Flakes (supermarket own brand only)	Rice (white or brown)	Beef	Carrot	Lactose free milk	1 banana
Rice Krispies (supermarket own brand only)	Rice noodles (vermicelli)	Lamb	Courgettes	Rice milk	½ cup berries
Oats/porridge	Potato	Pork/ham/bacon	Green beans	Oat milk	1 clementine/satsuma
	Sweet potato	Chicken	Parsnip	Soy milk	½ Melon/pineapple
	Gluten free bread	Fish	Pumpkin	Cream cheese	1 Tomato
	Polenta	Duck	Swede	Small amount of cottage cheese or ricotta	2 Kiwifruit/passion fruit
	Quinoa	Turkey	Bell/capsicum peppers	Hard cheese	½ cup grapes/papaya/pawpaw/rhubarb
		Tinned tuna, salmon, or sardines in oil, brine or water	Spinach	Lactose free yoghurt	1 Orange/grapefruit
		Tofu	Lettuce		1 lemon/lime
		Egg	Cucumber		
			Aubergine		
			Pak Choy		
			Sweet corn		