

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, pepper and cooking oils are also 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		