

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. Salt and pepper are allowed. If a food is not listed, do not eat it. Please do not telephone to ask about the suitability of other foods.

Breakfast cereals	Starchy foods	Meat/Meat alternatives	Vegetables	Dairy	Fruit (fresh only)	Drinks
Corn Flakes (supermarket own brand only)	Rice (white or brown)	Beef	Carrot	Lactose free milk	1 banana	Water
Rice Krispies (supermarket own brand only)	Rice noodles (vermicelli)	Lamb	Courgettes	Rice milk	½ cup berries	Decaffeinated tea/coffee (black)
Oats/porridge	Potato	Pork/ham/bacon	Green beans	Oat milk	1 clementine/satsuma/	Decaffeinated tea/coffee made with lactofree soya, oat or rice milk
	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,	Spinach	Lactose free yoghurt	1 Orange/grapefruit	

		salmon, or sardines in oil, brine or water				
		Tofu	Lettuce		1 lemon/lime	
		Egg	Cucumber			
			Aubergine			
			Pak Choy			
			Sweet corn			

Drinks to be avoided:

Chicory or camp tea

Dandelion tea

Fruit and herbal teas

Cow's milk

Fruit juice

High juice squash

Tea or coffee with added honey or artificial sweetener (ordinary sugar is allowed)

Alcohol