

Sample Meal Plan

A diet low in poorly absorbed, fermentable carbohydrates (FODMAPs) is strongly recommended for all Hydrogen/Methane Breath Tests. The following suggestions of foods are acceptable for consumption prior to testing:

Breakfast

- Cornflakes or rice bubbles with lactose free milk[†], soy/rice/almond/coconut milk
- White bread or Gluten-free bread with margarine and Vegemite® or peanut butter
- Scrambled/poached/fried eggs and bacon on toast (White or Gluten-free bread)
- Fresh fruit – banana, kiwifruit, cantaloupe, strawberries, blueberries, raspberries
- Water; tea or coffee with lactose free milk[†], soy/rice/almond/coconut milk with or without sugar

Lunch

- White bread or Gluten-free bread sandwich with margarine/mustard and ham/chicken/tuna/salmon and lettuce/tomato/cucumber/avocado
- Salad of cooked potato (without skin), tomato, cucumber, capsicum, pine nuts, tuna with olive oil and balsamic vinegar dressing
- Sushi/sashimi/rice paper rolls
- Fresh fruit – banana, kiwifruit, cantaloupe, strawberries, blueberries, raspberries
- Water; tea or coffee with lactose free milk[†], soy/rice/almond/coconut milk with or without sugar

Dinner

- Steak/Chicken/Fish grilled with either one or more of the following: Salad of lettuce, tomato, cucumber; Vegetables – mashed or cooked potato (without skin); roasted carrot, eggplant, pumpkin, zucchini
- Stir-fry vegetables – broccoli, bok choy, choy sum, carrot and capsicum cooked with oil, soy sauce, oyster sauce; served with white rice or rice noodles

Snacks

- Rice crackers/crispbreads with tomato/cucumber/avocado
- Small serving of nuts – almonds, walnuts, peanuts
- Fresh fruit – banana, kiwifruit, cantaloupe, strawberries, blueberries, raspberries
- Water; tea or coffee with lactose free milk[†], soy/rice/almond/coconut milk with or without sugar

[†]Examples of lactose-free milk include Zymil® and Liddells Long Life® brand lactose-free milk

For Appointments & Bookings: (03) 9244 0330