

## EXAMPLE DAY ON A PLATE

### Breakfast 7am

Rolled oats (1/2 cup) with lactose free milk /rice / almond milk (3/4 cup)

+ Blueberries (1/2 cup)  
+ walnuts / almonds / hazelnuts / pecans (10 nuts)

+ 1 coffee / tea made with a dash of lactose free /almond / rice milk (1/4 cup)

\*Note that total milk intake is max 1 cup for each meal

### Dinner 7pm

Plain cooked meat/poultry/fish of your choice

OR

Tofu (100g) with allowed herbs/spices (1tsp) and soy sauce (1 tsp)

+ Rice (1 cup cooked)  
+ Broccoli (1/2 cup)  
+ Zucchini (1/2 cup)  
+ Kale (1 cup)  
+ Green beans (8 beans)

### Lunch 12pm

Sandwich with 2 slices of suitable breads (see following page)

+ Plain cooked meat  
+ Cheddar cheese (max 2 slices)  
+ Capsicum (1/4 medium)  
+ Lettuce (max 1 cup)  
+ Cucumber (max 1/2 cup)  
+ Tomato (max 1 medium)  
+ Mustard (1 tbsp)  
+ Butter (1tbsp)

### Snack 3:30pm

Rice cakes (2 pieces) with Peanut butter (2tbsp)

+ Mandarin (2 small)



### FODMAP Friendly

Keep a look out for this logo on food products which you can eat while on the pre-test diet. These products have been tested to be low in FODMAP's according to their specified serving sizes. Ensure that you are adhering to the specified serving amounts every 3 hours.

Visit [fodmapfriendly.com](http://fodmapfriendly.com) to see the full list of approved products.

## PRE-TEST DIET

*For 2 days prior to each breath test you must eat ONLY the foods listed on this leaflet.*

- The pre-test diet is a low FODMAP diet.
- The foods listed in this leaflet contain an acceptable amount of FODMAPs when consumed within the serving sizes indicated.
- It is important to follow this diet to reduce the possibility of 'false-positive' results.

**Please note:** This leaflet provides suggestions of allowed foods. If there are any foods on the diet list that you do not like to eat or do not meet your dietary requirements, then you DO NOT have to eat them.

## DIET TIPS

1

### 3 HOUR GAPS BETWEEN MEALS

Allow a minimum of 3 hours without eating between each meal. This prevents FODMAP levels from accumulating.

2

### RESTRICTED FOOD

Any food or beverage that is not found on the following pages cannot be consumed while you are on this diet.

3

### PREPARING YOUR MEALS

Each meal can include multiple food groups. You must not exceed the serving sizes indicated within each category when making your meal.

4

### UNLIMITED FOOD

If you are feeling hungry between meals, you can eat from the list of unlimited foods at any time. These foods have no FODMAPs.

**STREAM DIAGNOSTICS**  
**H<sub>2</sub>Methane**  
BREATH TESTING

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## UNLIMITED FOOD

**ONLY the foods listed in this section can be consumed at any time without restrictions**

Plain meats (excluding processed meats)

- Red/white meat, poultry, seafood, crustaceans
- canned plain Tuna & Salmon in olive oil / springwater ONLY
- Deli meats - Bacon and Ham off the bone ONLY
- Quorn mince

Salt and Pepper

Olive oil

Eggs

Water

## FRUITS

**Choose 1 serve only**

Blueberries	1/2 cup
Honeydew melon	1/2 cup
Kiwi fruit	1 medium
Lemon/lime	Juice of one
Mandarin	2 small
Orange	1 medium
Passionfruit (fresh)	1 medium
Pineapple	1/2 cup
Raspberries	10 berries
Strawberries	1/2 cup

## PROTEINS

**Choose 1 serve only**

Cheese (Hard)	30 grams/ 2 slices
(Cheddar/ Parmesan/ Edam/ Colby/ Swiss ONLY)	
Nuts	10 nuts
(Almonds/ Hazelnuts/ Pecans/ Walnuts ONLY)	
Seeds	1 Tablespoon
(Linseeds/ Pumpkin Seeds/ Pepitas ONLY)	
Tofu (Firm only)	100 grams

## VEGETABLES

**Allowed up to 4 different serves of vegetables**

Avocado	1/8 medium
Baby Spinach	1 cup
Bok Choy	1 cup
Broccoli	1/2 cup
Capsicum (all varieties)	1/4 medium
Carrot	1 medium
Cucumber	1/2 cup
Eggplant	1/2 cup
Green Beans	8 beans
Lettuce (Cos and Iceberg ONLY)	1 cup
Olives	1/2 cup
Parsnip	1 medium
Potato (white varieties ONLY)	1 large
Savoy Cabbage	1/3 cup
Silverbeet/ Kale	1 cup
Snow Peas	5 pods
Squash/ Zucchini	1/2 cup
Tomato (Cherry/ Grape)	4 tomatoes
Tomato (Roma only)	1 medium
Turnip/ Swede	1 cup
Water Chestnuts	1/2 cup

## SPREADS, SEASONINGS, CONDIMENTS

**Allowed up to 4 different items**

Almond spread	10g
Vinegar/Apple Cider Vinegar	1 Tablespoon
Butter	1 Tablespoon
Garlic/Onion Infused Olive Oil	1 Tablespoon
Herbs and Spices	1 Teaspoon
(Basil/ Cinnamon/ Coriander/ Paprika/ Parsley/ Rosemary/Thyme/ Turmeric ONLY)	
Mayonaise (Whole egg only)	1 Teaspoon
Mustard	1 Tablespoon
Nuttalex Margarine (NOT Pulse variety)	2 Teaspoons
Peanut Butter	2 Tablespoons
Soy Sauce	1 Teaspoon
Stevia Sweetener	2 grams
Sugar	1/2 Teaspoon
(AVOID if undergoing Sucrose test)	
Vegemite	Thin Spread

## CEREALS AND GRAINS

**Choose 1 serve only**

Rolled oats	1/2 cup
Corn Flakes/ Rice Bubbles/ Gluten Free	
Special K	1 cup
(Kelloggs/Homebrand ONLY)	
Gluten Free Bread	2 slices
(below varieties only)	
- Genius Gluten Free	
- PureBred Gluten Free	
- Helgas Gluten Free (NOT Soy and Linseed)	
Other Breads	2 slices
(FODMAP Friendly Certified varieties ONLY)	
- Alpine Breads (Sour Rye/ Rye Grain/ Spelt & Sprouted Grain/ Super Natural Spelt ONLY)	
- Bakers Delight LoFod Loaf	
- Tip Top Sandwich Thins	
Corn Thins (plain)	2 thins
Rice Cakes (thin/plain)	2 pieces
Corn Cruskits	2 cruskits
Biscuits	
(FODMAP Friendly Certified varieties ONLY, adhere to serving size given on label)	
Rice (white or brown)	1 cup cooked
Quinoa	1 cup cooked
Rice noodles (Vermicelli)	1 cup cooked
Buckwheat	3/4 cup cooked
Gluten Free Pasta	1 cup cooked
(rice/ corn/quinoa tapioca/ buckwheat ONLY)	
Buckwheat/Rice/Corn Flour	1/4 cup

## MILK / ALTERNATIVES / DRINKS

**Allowed 1 serve of coffee or tea with 1 serve of milk, or 1 serve of milk, tea or coffee on its own**

Milk (below varieties only)	1 cup /250ml
Lactose free dairy milk / Rice Milk / Almond milk	
Coffee (instant)	1 Teaspoon
Coffee (espresso/short or long black)	1 coffee
Tea (black/ peppermint/ green)	1 Teabag