

## Sample menu plan for the day before your hydrogen breath test

This menu plan has been designed to give the best possible results from your hydrogen breath test, please adhere to this menu for the 24 hours before your test. Only select food items from this list.

In the case of allergies or diabetes, please contact us for further advice.

### Breakfast Choose from the following:

- Cornflakes or Rice Krispies with **lactose free milk eg: rice, oat, almond, coconut**
- White or gluten-free bread with Marmite or peanut butter. **No margarine or butter**
- Eggs and/or bacon on toast (white or gluten-free bread). **No margarine or butter**
- Piece of fruit: banana, kiwi, yellow melon, berries, orange, pineapple
- Water, tea or coffee, (no sweetener or sugar) black or with **lactose free milk**.

### Lunch Choose from the following:

- White or gluten-free bread sandwich (**no margarine or butter**) with chicken, turkey, lactose free plain cream cheese alternative or peanut butter with lettuce, tomato, cucumber and/or avocado
- Plain rice or corn cake/crackers with any of the listed sandwich fillings (**no margarine or butter**)
- Salad which could include salad leaves, peppers, tomato, cucumber, avocado, white fish, chicken, turkey, with olive oil and/or balsamic vinegar dressing
- Boiled, fried, poached or scrambled eggs. **No margarine or butter**, use only a small amount of oil if required for cooking
- Piece of fruit: banana, kiwi, yellow melon, berries, orange, pineapple
- Water, tea or coffee, (no sweetener or sugar) black or with **lactose free milk**.

### Dinner Choose from the following:

- Grilled chicken, turkey or white fish, or tofu with any of the following:
  - Salad (lettuce, tomato, cucumber)
  - Skinless potato (**no margarine/butter**)
  - Vegetables (broccoli, carrot, aubergine, courgette, peppers, pumpkin)
- Stir-fried vegetables (broccoli, carrot, aubergine, courgette, peppers, pumpkin) cooked with oil, soy/oyster sauce, and served with rice or rice noodles
- Plain omelette with salad
- Water, tea or coffee, (no sweetener or sugar) black or with **lactose free milk**.

### Snacks

- Plain rice cake or corn cake/crackers (**no margarine/butter**)
- Small serving of nuts

- Carrot, cucumber and pepper sticks with lactose free plain cream cheese alternative to dip in
- Cherry tomatoes
- Piece of fruit: banana, kiwi, yellow melon, berries, orange, pineapple
- Water, tea or coffee (no sweetener or sugar), black or with **lactose free milk**.

Please **do not** drink any sweetened or carbonated drinks, herbal or fruit teas, coffee-syrups or cordials. Drink plenty of plain water to stay hydrated.

**We appreciate that this diet is restrictive but please bear in mind that it is only for the day before your test and will produce in the most reliable results from your breath test.**

#### Contact details:

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For further general health-related information, please ask the relevant department for an Information Prescription or contact:

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