

Auckland Gut Clinic

Low FODMAP Diet Preparation for Breath Testing

Please read and follow these instructions to ensure reliable results

The preparation diet is important to reduce the level of bacterial activity in your gut at the start of breath testing, which is what the test is assessing. This diet must be followed **for two days** before each breath test.

Please only consume food and drinks from this list: if it's not here, it is not allowed (see over for more detail). Do not eat anything you know you cannot tolerate.

Dairy Products: Lactose free cow's milk (Anchor Zero lacto), rice milk (sugar-free), hard cheeses (e.g., tasty/cheddar), haloumi cheese, coconut milk. Other plant-based milks in small quantities are OK if without sweeteners, inulin, or potato starch. Tapioca, arrowroot starches are OK.	Meat/protein: Eggs, lean beef, lean lamb, chicken, turkey, fish, shellfish, tofu . All plain. NO marinades or processed meats (such as sausages).
Breakfast Cereals (1/2 cup): Plain Cornflakes, Rice Bubbles/Rice Puffs, Oats (1/2 cup)	Flavourings & Seasonings: Cumin, Salt, pepper, olive oil, tamari sauce (gluten free).
Bread: Plain gluten-free, spelt (sourdough), oat (sourdough). Plain rice bread.	Fruit: Limit all fruit to less than 1 handful per 3-hour period: Banana, blueberries, rock melon, grapefruit (<1/2 medium), grapes, kiwifruit, raspberries, strawberries, mandarin, orange, pineapple, passionfruit, avocado (<1/8), lemon, lime.
Crackers and Biscuits: corn cruskits (e.g., Arnott's), gluten and fruit-free biscuits, rice /corn cakes/thins/crackers (no seasoning), plain rice crackers, corn only tortillas.	Nuts/Seeds: Chia (2tblsp), tahini (2 tblsp), peanut butter Spreads: Butter (small amounts only), margarine, vegemite / marmite, peanut butter (<2 Tbsp). No jam or honey.
Vegetables: Alfalfa and bean sprouts, beans (fresh or frozen green), beetroot (2 slices max), Bok choy, carrot, capsicum, choy sum, cucumber, eggplant, ginger, olives, kale, lettuce, pumpkin (not butternut pumpkin), spinach, sweet potato (kumara – max 1 small serve), fresh tomato, turnip, zucchini, water chestnuts. NO Onion, NO garlic	
Pasta/rice: White rice, plain rice noodles, gluten-free pasta, spelt pasta, quinoa.	Fresh Herbs: Basil, coriander, lemongrass, parsley < 1 cup), rosemary, tarragon, thyme
Drinks: Water (unflavoured, uncarbonated), coconut water (100ml), coffee (no coffee substitutes), black tea, (lactose-free milk), green tea, cranberry juice (1 cup), freshly squeezed orange juice (1/2 glass).	Alcohol (consume with food): Maximum intake prior to 10pm on the day before each test: <ul style="list-style-type: none">- Wine – 250ml or- Spirits – 60ml or- Beer (regular) – 200ml.

You can drink water as normal during the diet period and sips of water during the fasting period.
Please avoid large quantities of water on the morning of your test.

Strictly no food the day of the test, until the test is completed.

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You **MUST AVOID** the following foods while preparing for Breath Testing

Dairy Products: Milk: cows/goat/sheep milk, cream, custard, ice cream.

Yoghurt – all.

Cheese: soft cheeses (e.g., cottage or cream cheese, ricotta, mascarpone)

Cereals/Grains: wheat and rye in large amounts (e.g., bread, crackers, cookies, couscous, pasta, weetbix)

Legumes: ALL, including lima beans, baked beans, chickpeas, kidney beans, lentils.

Vegetarian burgers

Miscellaneous: chicory, dandelion, inulin, added starches (e.g., potato starch)

Sweeteners: fructose, corn syrup (all), honey. Dried fruit, fruit juice

Sorbitol (420), mannitol (421), isomalt (953), maltitol (965), xylitol (967)

Vegetables: Asparagus, beetroot (max 2 slices), broccoli, Brussels sprouts, butternut pumpkin, cabbage, fennel, garlic, green peppers (capsicum), leek, mushroom, okra, onion (all types), sweet corn

Fruit: Apple, apricot, avocado (max 1/8 of an avocado), blackberry, cherry, custard apple, lychee, mango, nashi pear, nectarine peach, pear, plum, prune, persimmon, watermelon.

Canned fruit in natural juice.

Dried fruit

NOTE: Many canned and packaged foods/meals and restaurant meals, can contain wheat, sauces, spices, marinades, onion, garlic, sugar, or artificial sweeteners. These cannot be included in your diet.

For at-home breath testing using the convenient kit collection system, please watch this instructional video <https://youtu.be/Kyy8MSVCESM>

If you are not confident that you can follow these instructions, we advise making an appointment to conduct testing in our Auckland clinic.

If you have any questions concerning the diet information or the test, please call the clinic: 09 8465566