

# FOOD MAPPING

FOOD INTOLERANCE TESTING

## PRE-TESTING DIET INFORMATION

Prior to your breath testing appointment you are required to follow a diet that excludes some of the foods you may consume on a regular basis. This is to ensure that the results obtained from the test are accurate.

### DO NOT

The foods that should be avoided for the day prior to testing include:

- **Cereals and Grains - High fibre foods including; oats, bran, most breads and cereals, pasta, crackers, legumes (lentils, beans, chickpeas)**
- **Dairy foods - milk, yoghurt, soft cheese, ice cream, custard**
- **Vegetables- Onion, Leek, garlic, Peas, beans, asparagus.**
- **Fruits; apples, cherries, mangos, apricots, pears, watermelon, grapes, dried fruits, fruit juice, tinned fruit.**
- **Condiments and flavourings - spices, marinades, gravy and sauces , Honey**
- **Misc - Fibre supplements such as benefibre and Metamucil, Laxatives, Probiotics including Yakult, Sugar free Chewing gum**
- **Drinks – Soft drink, Artificially sweetened drinks (eg diet soft drink) herbal teas, coffee-substitutes**

### DO

Foods that are allowed the day prior to testing:

- **Cereals and Grains - Cornflakes or Rice Bubbles, rice, rice noodles, rice crackers, corn thins, gluten-free white bread or country life rye bread only**
- **Dairy - Lactose Free milk, rice milk, soy milk (small amounts only), hard cheese**
- **Protein Foods - Plain chicken/meat/fish/seafood, boiled or poached eggs**
- **Fruits – mandarin, oranges, rockmelon, pineapple, strawberries, kiwifruit**
- **Vegetables – broccoli, mushrooms, tomato, lettuce, carrot, avocado, peeled potato, pumpkin**
- **Sauces/condiments – vegemite, jam (not the diet variety), salt and pepper, table sugar, small amounts of soy sauce, balsamic vinegar.**
- **Drinks - water, green tea, black tea, coffee (with lactose free, soy or rice milk)**

## NOTE

Please do not call our staff to see if there are other foods you can substitute for those listed above as there is no substitution and test results may not be accurate if this diet is not strictly adhered to for the 24 hours prior to the test.

## PRE-TEST DIET MEAL IDEAS

<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>• <i>Cornflakes or rice bubbles with lactose free milk, rice milk, soy milk</i></li> <li>• <i>Poached or boiled eggs with tomato and spinach</i></li> <li>• <i>Country life Rye bread or Gluten Free white bread with vegemite, jam or margarine</i></li> <li>• <i>Tea or coffee with soy milk or rice milk</i></li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>• <i><u>Sandwich</u> -using Country life Rye Bread or Gluten Free bread, and top with your choice of;</i> <ul style="list-style-type: none"> <li>○ <i>Meat/fish/chicken (not marinated)</i></li> <li>○ <i>Eggs</i></li> <li>○ <i>Hard cheese</i></li> </ul> </li> <li>• <i><u>Salad</u> - carrot, lettuce, tomato, cucumber, avocado, mushrooms with balsamic vinegar as dressing – can add tuna/chicken/meat/eggs to salad</i></li> <li>• <i>Piece of fruit</i></li> </ul>
<b>DINNER</b>	<ul style="list-style-type: none"> <li>• <i><u>Stir fry</u> – chicken/beef/pork with carrot, zucchini, mushrooms and broccoli, flavoured with some soy sauce and served with plain white rice</i></li> <li>• <i><u>Classic meat and Roast Veg</u> – Your choice of Meat/chicken (not marinated) served with roast Vegetables – lightly toss zucchini, potato (peeled), pumpkin, carrot, mushrooms with some olive oil and roast in the oven.</i></li> <li>• <i><u>Chicken Salad</u> - carrot, lettuce, tomato, cucumber, avocado, mushrooms with balsamic vinegar as dressing and topped with boiled eggs</i></li> <li>• <i>Jelly (not diet variety) and Fresh Fruit</i></li> </ul>
<b>SNACKS</b>	<ul style="list-style-type: none"> <li>• <i>Fruit – mandarine/orange/strawberries/rockmelon</i></li> <li>• <i>Lactose free milk/soy/rice milk</i></li> <li>• <i>Hard cheese</i></li> <li>• <i>Rice cakes or rice crackers</i></li> <li>• <i>Corn thins with vegemite or jam</i></li> <li>• <i>Jelly (not the diet variety)</i></li> </ul>