

# White Diet

You are booked in for a procedure at GASTROMEDICINE & ENDOSCOPY. It is imperative that you read thoroughly and follow the instructions below (and also your bowel preparation Instruction sheet which will have been emailed to you or given to you in person at one of our centres) in order to achieve a successful results. **In the lead up to your procedure you will need to alter your diet and follow a 'White Diet'.**

## What is a White Diet?

A 'White Diet' is a simple low residue diet which is defined by eating foods or drinking beverages which are NOT brightly coloured. It is the eating of foods which are white or pale in colour ONLY. Brightly coloured foods and beverages in the bowel can compromise the quality of the bowel preparation and the results of your procedure.

**A White Diet must be consumed for three (3) days in the lead up to your procedure.**

<b>White Foods Permitted</b>	<ul style="list-style-type: none"> <li>● Milk, soy milk</li> <li>● Milkshakes</li> <li>● Yogurts (no fruits or syrups)</li> <li>● Cream Soups</li> <li>● Sour Cream</li> <li>● Mayonnaise</li> <li>● Butter / Margarine</li> <li>● Cheese (all)</li> <li>● White chocolates</li> <li>● Vanilla ice cream</li> <li>● Custard</li> <li>● Tofu</li> </ul>	<ul style="list-style-type: none"> <li>● White rice, rice noodles,</li> <li>● Rice bubbles</li> <li>● Rice crackers</li> <li>● White bread / toast / bread rolls, muffins</li> <li>● White curry</li> <li>● Potatoes</li> <li>● Regular/White pasta</li> <li>● Eggs</li> <li>● Fish (incl. tuna, salmon),</li> <li>● Chicken Breast (no skin)</li> <li>● Pumpkin</li> <li>● Bananas</li> </ul>	<ul style="list-style-type: none"> <li>● Water</li> <li>● Gatorade (Yellow in colour only)</li> <li>● Lemonade</li> <li>● Soft drinks (Lemonade or Lemon flavoured only)</li> <li>● Tea / coffee</li> <li>● White grape juice</li> <li>● Apple Juice</li> <li>● Icy pole (Lemonade or Lemon flavoured only)</li> <li>● Salt, pepper, oils, cooking sauces</li> </ul>
<b>White Foods to be EXCLUDED</b>	<ul style="list-style-type: none"> <li>● <b>Anything</b> not listed above</li> <li>● Other white coloured foods such as, pears, parsnip, cauliflower, onion, coconut, porridge, mushrooms, semolina, couscous, popcorn</li> </ul>		

## White Diet Sample Plan

### Breakfast

- Rice Bubbles with milk and white sugar
- Regular white toast and scrambled egg

### Morning Tea

- Plain rice crackers with feta cheese

### Lunch

- Sliced chicken breast, butter, regular white bread sandwich
- White chocolate
- Lemonade icy-pole

### Afternoon Tea

- Plain vanilla yoghurt or
- Vanilla milkshake

### Dinner

- White fish fillet with white rice or mashed potato or
- Regular pasta with diced chicken breast and parmesan cheese or
- Chicken soup (clear chicken broth/stock) with rice noodles and sliced chicken breast
- Bowl of ice cream
- Glass of soda water or lemonade

## What are Clear Fluids?

Clear fluids are liquids which are clear in colour. The goal in ingesting clear fluids is to keep you hydrated while you are taking your bowel preparation.

<b>Approved Clear Fluids</b>	<ul style="list-style-type: none"> <li>• Water</li> <li>• Lemonade</li> <li>• Apple/Pear Juice (no pulp)</li> <li>• Coffee/Tea without Milk</li> <li>• Clear coloured fruit cordials</li> <li>• Clear Broth</li> <li>• Clear coloured soft drinks</li> <li>• Clear coloured sports drinks</li> </ul>
<b>Fluids to be Excluded</b>	<b><u>Anything</u></b> not listed above