

WHAT AM I
ALLOWED TO
EAT?

GUIDANCE FOR BREATH TESTS

Your diet in the days leading up to the test can have a major influence on the results. To ensure that your results are reliable and meaningful, certain foods should be avoided for **24 hours prior to the test**.

AVOID:

- Foods high in fibre
- Strongly bloating foods
- Foods containing lactose, sorbitol, and fructose

This guidance applies to the following tests:

- Lactose Breath Test
- Fructose Breath Test
- Sorbitol Breath Test
- Fructose-Sorbitol Combination Breath Test

	ALLOWED 	NOT ALLOWED 
Vegetables	Cucumber, tomato, potato (peeled), zucchini, eggplant, spinach, kohlrabi, iceberg lettuce, butterhead lettuce	Cauliflower, artichoke, garlic, onions, leek, mushrooms, beetroot, salsify, sweet potato, sweetcorn, potato (with skin), carrots, peppers
Fruits	Lemon	Apple, banana, pear, berries (blackberries, currants, raspberries), cherries, nectarine, plums, watermelon, avocado, persimmon
Cereals / cereal products	White polished rice, white flour products (white bread, pretzel products)	Barley, green spelt, rye, wheat, amaranth, bulgur, couscous, wheat germ
Nuts, seeds		Cashew nuts, pistachios, all nuts
Fats	Vegetable oils	
Pulses		Lentils, chickpeas, peas, beans





	ALLOWED	NOT ALLOWED
Dairy products	Lactose-free dairy products, e.g. lactose-free natural yoghurt/milk, long-matured cheese	Dairy products containing lactose and fructose
Fish, meat	Fish, meat (preferably unprocessed)	Breaded or otherwise processed meat (e.g. meatballs)
Other	Firm tofu, tempeh, rice drink, coconut milk, household sugar (sucrose)	Silken tofu, soy drink made from whole soybeans, agave syrup, fructose syrup, honey, sugar substitutes (e.g. erythritol, xylitol), alcohol

MEAL SUGGESTIONS

Breakfast

- White bread with Gouda/ turkey breast/cooked ham
- Lactose-free natural yoghurt with lemon
- Scrambled eggs with bacon, white bread roll

Dinner

- White bread with Gouda/ turkey breast/cooked ham, boiled egg
- Tomato salad without onions, with oil-vinegar dressing

Lunch

Pasta with tomato sauce and parmesan cheese + iceberg lettuce or cucumber salad with oil-vinegar dressing

- Tomato sauce from sieved tomatoes and tomato paste
- Season with salt, pepper, dried herbs, a pinch of sugar, olive oil or garlic oil
- You may also add zucchini or eggplant, or combine the sauce with white rice

Boiled potatoes (peeled) with spinach and chicken breast

- Use unprocessed spinach and, if needed, lactose-free cream
- Season with salt and pepper

Stew with peeled potatoes and minced meat

- Base: tomato purée and chopped tomatoes, vegetable stock, add lactose-free cream or lactose-free sour cream if needed
- Season with salt, pepper, and dried herbs

Snack ideas

Pretzel products

Cucumber (peeled)

Sweet pastries, e.g. crumble cake

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