



## *Diet Instructions for Breath Test*

### **Foods to Avoid**

*Starting with the dinner meal, two nights before doing the specimen collection:*

- All beans and legumes (e.g. baked beans, kidney beans, split peas, dried limas, garbanzos, pinto beans, black beans, lentils)
- Soybeans and all soy products, other than tofu, soy milk, miso, and soy sauce
- Whole wheat and other "whole-grain" or "high-fiber" cereal products, including rye, oats, buckwheat and stone-ground cornmeal. (e.g. bread, pastas, pizzas, pancakes, and muffins made with these whole-grain flours)
- Corn and products made from cornmeal, other than corn flakes
- Basmati rice, wild or brown rice (unpolished)
- Pasta products
- Green peas, lima beans, broccoli, yams, white and sweet potatoes, green beans, pole beans, broad beans, dark green leafy vegetables (e.g. spinach, beet greens, kale, collards, swiss chard, and turnip greens), brussels sprouts, carrots, artichoke (whole or hearts), winter squash (e.g. butternut, acorn, spaghetti), zucchini, okra, eggplant, seaweed
- Dried fruit, (e.g. figs, apricots, dates, raisins, prunes), raspberries, blackberries, strawberries, cherries, bananas, coconut, kiwi, oranges, tangerines, apples, pears
- Nuts and seeds
- Dairy products, except for aged cheeses (see List A)

### **Sample Menu**

#### **Breakfast**

Omelet (no dairy) with green pepper, mushrooms, onions, and parmesan cheese

Bacon

White toast with margarine and jelly

Small glass of fruit juice

Coffee or tea (no sugar or milk products, may use substitutes)

*OR:*

Corn flakes with rice or soy milk

Grapefruit

Coffee or tea (no sugar or milk products, may use substitutes)

#### **Lunch**

Broiled chicken, white rice, cole slaw

White dinner roll

Fruit sherbet

*OR:*

Tuna sandwich on white bread, with lettuce, sprouts, and skinned tomato slice

Celery sticks

#### **Afternoon snack**

Popcorn with margarine or oil

#### **Dinner**

Broiled fish fillet or tomato-based soup

French bread with olive oil

Lettuce salad with skinned tomato, sprouts, avocado, cucumber, Italian dressing

Sherbet or fresh fruit

*Continued on other side*

*OR:*

Tofu stir-fry, with peppers, mushrooms, onion, asparagus  
White rice  
Sherbet or fresh fruit

## **Foods That May Be Eaten**

**LIST A:** (No restrictions, unless otherwise directed by your healthcare provider)

- All meats & poultry (e.g. chicken, turkey, beef, ham, lamb, pork, salami, bacon)
- Shellfish (e.g. clams, crabmeat, scallops, shrimp, oysters, mussels, lobster)
- Fish (e.g. codfish, scrod, flounder, sardines, sole, tuna, salmon, mackerel, catfish, swordfish, halibut, snapper, perch)
- Eggs
- Aged cheeses (e.g. parmesan, romano, and asiago)
- Bean sprouts, alfalfa sprouts, celery, cucumber, endive, Boston lettuce, iceberg lettuce, leaf lettuce, green peppers, red peppers, yellow peppers, chili peppers, radishes
- Fruit and vegetable juices (juiced, NOT blended)
- Sherbet (make sure does not include cream)
- Margarine (no butter)
- Salad and cooking oils
- Alcoholic beverages
- Coffee, tea, soda
- Condiments (e.g. ketchup, mustard, pickle relish, soy sauce)

**LIST B:** (Allowed foods, but to be eaten sparingly):

- White bread and white crackers (e.g. soda or saltine), or other products made from white flour other than pasta
- Highly refined cereals (e.g. corn flakes, puffed rice, cheerios, rice krispies, cream of wheat)
- White or instant rice
- Tofu
- Rice or soy milk
- Popcorn (no butter, but oil or margarine okay)
- Avocado, mushrooms, olives, onion, parsley, asparagus, beets, cabbage, cauliflower, onion, parsley, cilantro, yellow squash
- Cantaloupe, honeydew melon, pineapple, grapefruit, grapes, melons, skinned peaches, plums or apricots, skinned tomatoes, grapes, watermelon
- Fruit jellies
- Sugar

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