

The White Diet

The **White Diet** is a simple low residue diet which allows food to be eaten prior to colonoscopy without compromising the quality of the bowel preparation under normal circumstances.

WHITE DIET FOODS AND FLUIDS PERMITTED	WHITE FOODS TO BE EXCLUDED
<ul style="list-style-type: none"> ✔ Milk, plain yoghurt, margarine, butter, vanilla ice cream, white chocolate ✔ Plain cream cheese, cottage cheese, ricotta cheese, fetta cheese, sour cream ✔ Egg whites, mayonnaise, cream, white sauce ✔ White rice or pasta, potatoes (peeled) ✔ Rice Bubbles, regular white bread/toast (not high fibre bread), plain rice crackers ✔ Chicken breast (no skin), grilled white fish fillet ✔ Water, clear salty fluids (e.g. clear broth) ✔ Clear fruit juices (e.g. apple and pear, no pulp), plain jelly ✔ Tea or coffee ✔ Sports drinks (Gatorade, PowerAde, and Hydralyte etc.) ✔ Carbonated beverages, barley sugar, clear fruit cordials ✔ Moderate alcohol is allowed. 	<p>Other white foods including;</p> <ul style="list-style-type: none"> ✘ Pears, parsnip, cauliflower, onion ✘ High fibre white breads (e.g. Wonder White) ✘ Tofu, coconut, porridge, banana, mushrooms, semolina, couscous, popcorn.

Remember to drink at LEAST a glass of approved clear fluids every hour.

WHITE DIET SAMPLE MENU PLAN:

Breakfast

Rice Bubbles with milk (white sugar if required)

OR Regular white toast and scrambled egg – white only

Morning Tea - optional if needed

Plain rice crackers with fetta cheese

Lunch

Sliced chicken breast, butter, regular white bread sandwich

Afternoon Tea - optional if needed

Plain vanilla yoghurt or vanilla milkshake

Early Dinner

Plain grilled white fish, white sauce

Boiled white rice or pasta or
peeled potato

Vanilla ice cream or White chocolate Freddo or Lemonade icy-pole

