

EATING OUT GUIDE

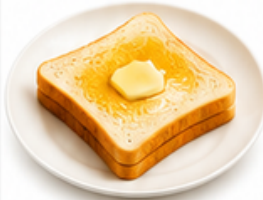
Simple choices, no stress.

Use this guide when eating out during your white diet phase.



GOOD CHOICES

Low-fibre & simple



Breakfast

Eggs on white toast, plain pancakes, white toast with butter, honey or Vegemite.



Sandwiches

Tuna with mayonnaise on white bread.



Fast Food

Chicken burger with cheese (no sesame seed bun), fries, hash browns.



Pizza

Cheese pizza, ham & cheese, BBQ chicken (minimal veg).



Asian Takeaway

Plain fried rice, chicken & rice, plain noodles, steamed dumplings.



Restaurants & Pubs

Grilled chicken, steak, fish, mashed potato, white rice, chips.



Desserts

Vanilla ice cream, custard, plain cheesecake, rice pudding.



Drinks

Water, tea, coffee, milk (until clear fluids day), lemonade, apple juice (clear only on clear fluids day).



AVOID THESE

Harder to digest



Breakfast

Muesli, fruit bowls, grainy or seeded bread, bran cereals.



Sandwiches

Multigrain bread, wholemeal wraps, salads, seeds.



Fast Food

Salads, coleslaw, corn, beans.



Pizza

Vegetarian pizzas, supreme, thick vegetable toppings.



Asian Takeaway

Stir-fried vegetables, bean sprouts, mixed vegetable dishes.



Restaurants & Pubs

Salad, steamed vegetables, corn, beans, brown rice.



Desserts

Fruit, nuts, granola, desserts with toppings.



Drinks

Alcohol, smoothies, red or purple drinks, drinks with pulp or bits.



ScopeCoach Tip

Keep it simple and familiar. When in doubt, choose plain, white, low-fibre foods.



Always follow your hospital's instructions if they differ.