

CAN I EAT THIS?

White Diet Quick Guide

Use this as a quick reference during your white diet phase.

 CHOOSE THESE OK FOODS	 AVOID DURING THE WHITE DIET
 White bread	 Red meat (beef, lamb)
 White rice	 Wholegrain foods (bread, pasta, rice, etc.)
 Plain pasta	 Fresh fruit
 Chicken	 Salad
 White fish	 Most vegetables
 Eggs	 Corn
 Cheese	 Nuts
 Plain yoghurt	 Seeds
 Vanilla ice cream	 High-fibre cereals (e.g. muesli, Weet-Bix, etc.)
 Plain white chocolate (if allowed)	
 Low-fibre cereals (e.g. Rice Bubbles, Cornflakes)	
 Plain Milk	



ScopeCoach Tip

When in doubt, choose plain, white, low-fibre foods.



Always follow your hospital's instructions if they differ.