

White Diet – Colonoscopy Procedures ONLY

The White Diet should be started 2 days prior to your procedure. It is a simple low residue diet which allows food to be eaten prior to the colonoscopy, without compromising the quality of the bowel preparation under normal circumstances.

You should have stopped consuming seeds and nuts around 1 week prior to the procedure where possible

WHITE DIET FOOD ALLOWED

- Dairy/Non-Dairy milk, white coloured yoghurt (no added fruit), mayonnaise, cream, sour cream, butter and margarine, oil for cooking
- Tea/Coffee, can be consumed with any milk and/or sugar
- White bread, rice bubbles, eggs
- White rice, regular pasta, potatoes (peeled and mashed only), rice noodles, rice crackers (plain), white flour, sugar
- Chicken breast (no skin), white fish fillet (no skin)
- Cheese: cream cheese/cheddar/ricotta/feta/cottage/mozzarella/parmesan cheese
- White chocolate, vanilla ice cream, lemonade icy pole, custard, “milk bottles” (white confectionery)
- White Seasonings, Salt + Pepper Ok

Food NOT ALLOWED

- Anything not listed above
- Other white coloured foods such as fruit or vegetables, pears, parsnip, cauliflower, onion, high fibre white bread, tofu, coconut flesh/desiccated coconut, porridge, banana, mushrooms, semolina, couscous, popcorn

WHITE DIET SAMPLE MENU PLAN

Breakfast:

Glass of Milk
Rice bubbles with milk
Scrambled eggs and white toast

Morning Tea:

Glass of Mineral water
Plain rice crackers with cheese

Lunch:

Glass of lemonade
White bread sandwich with sliced chicken breast, cream cheese or mayonnaise
A white chocolate Freddo Frog or
Lemonade icy pole

Afternoon Tea:

Plain vanilla yoghurt
Vanilla milkshake

Dinner:

White fish fillet with white rice or mashed potato or
Regular pasta with diced chicken breast and parmesan cheese or
Chicken soup (clear chicken broth/stock) with rice noodles and sliced chicken
breast
Glass of soda water

**Please note this is just a sample, the day before the procedure you should only be consuming a moderate amount of food, and NO dinner.