

**Table 1a.** Food and fluids permitted in the White Diet and those not allowed

Foods & fluids permitted	<ul style="list-style-type: none"><li>• Milk (regular, low fat, skim), water, lemonade, soda or mineral water, clear (not coloured) sports drinks</li><li>• White coloured yoghurt (no added fruit or inulin), mayonnaise, cream, sour cream, butter and margarine, oil for cooking</li><li>• Regular white bread/toast, rice bubbles cereal, eggs</li><li>• White rice, regular pasta, potatoes (peeled), rice noodles</li><li>• Plain rice crackers, white flour, sugar</li><li>• Chicken breast (no skin), white fish fillet (no skin)</li><li>• Plain cream cheese, cheddar cheese, ricotta, fetta, cottage, parmesan or mozzarella cheese, white sauce</li><li>• White chocolate, vanilla ice cream, lemonade ice-block ('icy-pole'), clear jelly, custard, "milk bottles"(white confectionery)</li></ul>
Foods not allowed	<ul style="list-style-type: none"><li>• Anything not listed above</li><li>• Other white coloured foods such as pears, parsnip, cauliflower, onion, high fibre white bread, tofu, coconut, porridge, banana, mushrooms, semolina, couscous, popcorn</li></ul>

Accepted Article