

## Preparing for your Colonoscopy: “LOW FIBER DIET”

TYPE OF FOOD OR DRINK	YES- OK TO EAT THESE FOODS	NO- AVOID THESE FOODS
Milk, Dairy and Fruits	<ul style="list-style-type: none"> <li>-Milk</li> <li>-Cream</li> <li>-Buttermilk</li> <li>-Cheese, including cottage cheese</li> <li>-Yogurt (NO FRUIT)</li> <li>-Sour cream</li> </ul>	<ul style="list-style-type: none"> <li>-All fruits</li> </ul>
Bread and Grains	<ul style="list-style-type: none"> <li>- White bread</li> <li>-White rice</li> <li>-Cheerios</li> <li>-Mashed potato/baked French fries (NO SKINS)</li> </ul>	<ul style="list-style-type: none"> <li>-Brown or wild rice</li> <li>-Whole grain breads, rolls, pastas, crackers</li> <li>-Whole grain or high fiber cereals (including Granola and oatmeal)</li> <li>-Bread or cereals with NUTS or SEEDS</li> </ul>
Meat and Vegetables	<ul style="list-style-type: none"> <li>-Chicken</li> <li>-Turkey</li> <li>-Lamb</li> <li>-Lean pork</li> <li>-Veal</li> <li>-Fish/seafood</li> <li>-Tofu</li> <li>-Bacon</li> <li>-Beef</li> <li>-Lunchmeats</li> </ul>	<ul style="list-style-type: none"> <li>-All vegetables (including SALADS)</li> <li>-Pickles</li> <li>-Olives</li> </ul>
Drinks/Beverages	<ul style="list-style-type: none"> <li>-Coffee</li> <li>-Tea</li> <li>-Hot Chocolate</li> <li>-Clear fruit drinks</li> <li>-Soda/Carbonated beverages</li> <li>-Ensure/Boost/Enlive (without added fiber)</li> <li>-Apple, white grape juices</li> </ul>	<ul style="list-style-type: none"> <li>-Fruit or vegetable juice with PULP on day before procedure</li> </ul>
Desserts	<ul style="list-style-type: none"> <li>-Custard</li> <li>-Plain pudding</li> <li>-Ice cream</li> <li>-Sherbert/Sorbet</li> <li>-JELLO-Gelatin</li> <li>-Cake</li> <li>-Cookies</li> </ul>	
Other	<ul style="list-style-type: none"> <li>-Sugars</li> <li>-Salt</li> <li>-Jelly</li> <li>-Honey</li> <li>-Syrup</li> <li>-Lemon juice</li> <li>-Ketchup, mayo, etc.</li> <li>-Smooth peanut butter</li> <li>-smooth pasta sauce (NO vegetable chunks)</li> </ul>	<ul style="list-style-type: none"> <li>-Coconut</li> <li>-Popcorn</li> <li>-Jam</li> <li>-Marmalade</li> <li>-Relishes</li> <li>-Stone ground mustards</li> </ul>