## Low Fiber Diet – Days 3 and 2 before Colonoscopy

<table>
<thead>
<tr>
<th>RECOMMENDED FOODS</th>
<th>FOODS TO AVOID</th>
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| **Bread, Cereal, Rice and Pasta:**  
  - White bread, rolls, biscuits, and croissants, melba toast  
  - Waffles, French Toast, and pancakes  
  - White rice, noodles, pasta, macaroni, and peeled cooked potatoes  
  - Cooked cereals: farina, Cream of Rice  
  - Cold cereals: Puffed Rice, Rice Krispies, Corn Flakes, and Special K | **Breads, Cereal, Rice and Pasta**  
  - Breads or rolls with nuts, seeds, or fruit  
  - Whole wheat, pumpernickel, rye breads and cornbread  
  - Potatoes with skin, brown or wild rice, and kasha (buckwheat) |
| **Vegetables:**  
  Tender cooked and canned vegetables without seeds: carrots, asparagus tips, green or wax beans, pumpkin, spinach, lima beans | **Vegetables:**  
  - Raw or steamed vegetables  
  - Vegetables with seeds  
  - Sauerkraut  
  - Winter squash, peas, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans, peas and corn |
| **Fruits:**  
  - Strained fruit juice  
  - Canned fruit, except pineapple  
  - Ripe bananas  
  - Melons | **Fruits:**  
  - Prunes and prune juice  
  - Raw or dried fruit  
  - All berries, figs, dates and raisins |
| **Mild/Dairy:**  
  - Milk, plain or flavored  
  - Yogurt, custard, and ice cream  
  - Cheese and cottage cheese | **Milk/Dairy:**  
  - Yogurt with nuts or seeds |
| **Meats and other proteins:**  
  - Ground, well-cooked tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats  
  - Eggs  
  - Peanut butter without nuts | **Meats and other proteins:**  
  - Tough, fibrous meats with gristle  
  - Dry beans, peas, and lentils  
  - Peanut butter with nuts  
  - Tofu |
| **Fats, Snack, Sweets, Condiments, and Beverages:**  
  - Margarine, butter, oils, mayonnaise, sour cream, and salad dressing  
  - Plain gravies  
  - Sugar, clear jelly, honey, and syrup  
  - Spices, cooked herbs, bouillon, broth, and soups made with allowed vegetables  
  - Coffee, tea, and carbonated drinks  
  - Plain cakes and cookies  
  - Gelatin, plain puddings, custard, ice cream, sherbet, Popsicles  
  - Hard candy or pretzels  
  - Ketchup, mustard | **Fats, Snack, Sweets, Condiments, and Beverages:**  
  - Nuts, seeds, and coconut  
  - Jam, marmalade, and preserves  
  - Pickles, olives, relish, and horseradish  
  - All desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains or bran  
  - Candy made with nuts or seeds  
  - Popcorn |