



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

<b><u>RECOMMENDED FOODS</u></b>	<b><u>FOODS TO AVOID</u></b>
<p><b>Bread, Cereal, Rice and Pasta:</b></p> <ul style="list-style-type: none"> <li>• White bread, rolls, biscuits, and croissants, melba toast</li> <li>• Waffles, French Toast, and pancakes</li> <li>• White rice, noodles, pasta, macaroni, and peeled cooked potatoes</li> <li>• Cooked cereals: farina, Cream of Rice</li> <li>• Cold cereals: Puffed Rice, Rice Krispies, Corn Flakes, and Special K</li> </ul>	<p><b>Breads, Cereal, Rice and Pasta</b></p> <ul style="list-style-type: none"> <li>• Breads or rolls with nuts, seeds, or fruit</li> <li>• Whole wheat, pumpernickel, rye breads and cornbread</li> <li>• Potatoes with skin, brown or wild rice, and kasha (buckwheat)</li> </ul>
<p style="text-align: center;"><b>Vegetables:</b></p> <p>Tender cooked and canned vegetables without seeds: carrots, asparagus tips, green or wax beans, pumpkin, spinach, lima beans</p>	<p style="text-align: center;"><b>Vegetables:</b></p> <ul style="list-style-type: none"> <li>• Raw or steamed vegetables</li> <li>• Vegetables with seeds</li> <li>• Sauerkraut</li> <li>• Winter squash, peas, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans, peas and corn</li> </ul>
<p style="text-align: center;"><b>Fruits:</b></p> <ul style="list-style-type: none"> <li>• Strained fruit juice</li> <li>• Canned fruit, except pineapple</li> <li>• Ripe bananas</li> <li>• Melons</li> </ul>	<p style="text-align: center;"><b>Fruits:</b></p> <ul style="list-style-type: none"> <li>• Prunes and prune juice</li> <li>• Raw or dried fruit</li> <li>• All berries, figs, dates and raisins</li> </ul>
<p style="text-align: center;"><b>Mild/Dairy:</b></p> <ul style="list-style-type: none"> <li>• Milk, plain or flavored</li> <li>• Yogurt, custard, and ice cream</li> <li>• Cheese and cottage cheese</li> </ul>	<p style="text-align: center;"><b>Milk/Dairy:</b></p> <ul style="list-style-type: none"> <li>• Yogurt with nuts or seeds</li> </ul>
<p style="text-align: center;"><b>Meats and other proteins:</b></p> <ul style="list-style-type: none"> <li>• Ground, well-cooked tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats</li> <li>• Eggs</li> <li>• Peanut butter without nuts</li> </ul>	<p style="text-align: center;"><b>Meats and other proteins:</b></p> <ul style="list-style-type: none"> <li>• Tough, fibrous meats with gristle</li> <li>• Dry beans, peas, and lentils</li> <li>• Peanut butter with nuts</li> <li>• Tofu</li> </ul>
<p><b>Fats, Snack, Sweets, Condiments, and Beverages:</b></p> <ul style="list-style-type: none"> <li>• Margarine, butter, oils, mayonnaise, sour cream, and salad dressing</li> <li>• Plain gravies</li> <li>• Sugar, clear jelly, honey, and syrup</li> <li>• Spices, cooked herbs, bouillon, broth, and soups made with allowed vegetables</li> <li>• Coffee, tea, and carbonated drinks</li> <li>• Plain cakes and cookies</li> <li>• Gelatin, plain puddings, custard, ice cream, sherbet, Popsicles</li> <li>• Hard candy or pretzels</li> <li>• Ketchup, mustard</li> </ul>	<p><b>Fats, Snack, Sweets, Condiments, and Beverages:</b></p> <ul style="list-style-type: none"> <li>• Nuts, seeds, and coconut</li> <li>• Jam, marmalade, and preserves</li> <li>• Pickles, olives, relish, and horseradish</li> <li>• All desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains or bran</li> <li>• Candy made with nuts or seeds</li> <li>• Popcorn</li> </ul>

