

Low-Fiber Diet for Colonoscopy Preparation

****See the clear liquid chart for the day before, and day of, your colonoscopy.**

Type of Food or Drink	YES Ok to EAT These Foods	NO- AVOID These Foods
Milk and dairy	Ok to eat:	NO Yogurt mixed with:
	<ul style="list-style-type: none"> *Milk *Cream *Hot chocolate *Buttermilk *Cheese, including cottage cheese *Yogurt *sour cream 	<ul style="list-style-type: none"> *nuts, seeds, granola *fruit with skin or seeds (such as berries)
Bread and grains	Ok to eat:	NO whole grains or high-fiber:
	<ul style="list-style-type: none"> *Breads and grains mad with refined white flour (including rolls, muffins, bagels, pasta) *White rice *Plain crackers, such as Saltines *Low-fiber cereal (including puffed rice, cream of wheat, corn flakes) 	<ul style="list-style-type: none"> *Brown or wild rice *Whole grain bread, rolls, pasta, or crackers *Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal) *Bread or cereal with nuts or seeds
MEAT	OK to eat:	No tough meat with gristle
	<ul style="list-style-type: none"> *Chicken *Turkey *Lamb *Lean pork *Veal *Fish and seafood *Eggs *Tofu 	
Vegetables	OK for some if cooked or canned:	NO raw, skin, seeds, peel: or certain other vegetables:
	<ul style="list-style-type: none"> *Canned or cooked vegetables without skin or peel (includes peeled 	<ul style="list-style-type: none"> *Corn

carrots, mushrooms, turnips,
asparagus tips)

- *Potatoes without skin
- *Cucumbers without seeds or peel

- *Potatoes with skin
- *Tomatoes
- *Cucumbers with seeds and peel
- *Cooked cabbage or Brussels sprouts
- *Green peas
- *Summer and winter squash
- *Lima beans
- *Onions

Fruits	OK to eat:	NO Seeds, skin, membranes, or dried fruit:
	<ul style="list-style-type: none"> *Fruit juice without pulp *Applesauce *Ripe cantaloupe and honeydew *Ripe, peeled apricots and peaches *Canned or cooked fruit without seeds or skin 	<ul style="list-style-type: none"> *Raw fruit with seeds, skin, or membranes (includes berries, pineapple, apples, oranges, watermelon) *Any cooked or canned fruit with seeds or skin *Raisins or other dried fruit
Nuts, nut butter, seeds	OK to eat:	NO nuts or seeds:
	Creamy (smooth) peanut or almond butter	<ul style="list-style-type: none"> *Nuts including peanuts, almonds, walnuts *Chunky nut butter *Seeds such as fennel, sesame, pumpkin, sunflower
Fats and oils	OK to eat:	NO salad dressing made with seeds or nuts
	<ul style="list-style-type: none"> *Butter *Margarine Vegetable and other oils *Mayonnaise <p>*Salad dressing made without seeds or nuts</p>	
Soups	OK to eat:	NO:

*Broth (beef, chicken, and vegetable) bouillon, consomme, and strained soups

*Milk or cream-based soup, strained

*Unstrained soups

*Chili

*Lentil soup

*Dried bean soup

*Corn soup

*Pea soup

Desserts	OK to eat:	NO:
	<p>*Custard</p> <p>*Plain pudding</p> <p>*Ice cream</p> <p>*Sherbet or sorbet</p> <p>*Jell-O or gelatin without added fruit or red, pink or purple dye</p> <p>*Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts</p>	<p>*Coconut</p> <p>*Anything with seeds or nuts</p> <p>*Anything with added red, pink, or purple dye</p> <p>Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts</p>
Drinks or beverages	OK to eat:	NO:
	<p>*Coffee</p> <p>*Tea</p> <p>*Hot chocolate or cocoa</p> <p>*Clear fruit drinks (no pulp)</p> <p>*Soda and other carbonated beverages</p> <p>*Ensure, Boost, or Enlive without added fiber</p>	<p>*Fruit or vegetable juice with pulp</p> <p>*Beverages with red, pink, or purple dye</p>
Other	OK to eat:	NO:
	<p>*Sugar</p> <p>*Salt</p> <p>*Jelly</p> <p>*Honey</p> <p>*Syrup</p> <p>*Lemon juice</p>	<p>*Coconut</p> <p>*Popcorn</p> <p>*Jam</p> <p>*Marmalade</p> <p>*Relishes</p> <p>*Pickles</p> <p>*Olives</p> <p>*Stone-ground mustard</p>