

Low fiber diet **prior to colonoscopy.**

Eating only low-fiber foods for five days before a colonoscopy makes for an easier bowel prep by limiting the amount of undigested food that has to pass through the digestive system.

Recommended Foods	Foods to Avoid
<p>Dairy Milk, cream, hot chocolate, buttermilk, cheese (including cottage cheese), yogurt, sour cream</p>	<p>No yogurt mixed with: nuts, seeds, granola, fruit with skin or seeds (e.g., berries)</p>
<p>Bread and Grains Breads and grains made 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)</p>	<p>No whole grains or high-fiber Brown or wild rice Whole grain bread, rolls, or crackers Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal) Bread or cereal with nuts or seeds</p>
<p>Meat Chicken, turkey, lamb, lean pork, veal fish and seafood, eggs, tofu</p>	<p>No tough meat with gristle</p>
<p>Legumes None allowed</p>	<p>Dried peas (including split or black-eyed) Dried beans (including kidney, pinto, garbanzo, or chickpea) Lentils Any other legume</p>
<p>Fruits Fruit juice without pulp Applesauce Ripe cantaloupe and honeydew Canned or cooked fruit without seeds or skin</p>	<p>No seeds, skin, membranes, or dried fruit 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</p>
<p>Vegetables Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips) Potatoes without skin Cucumbers without seeds or peel</p>	<p>No raw, skin, seeds, peel, or certain other vegetables: Corn, potatoes with skin, tomatoes, cucumbers with seeds and peel, cooked cabbage or Brussels sprouts, green peas, summer and winter squash, lima beans, onions</p>
<p>Nuts, Nut Butter, and Seeds Creamy (smooth) peanut or almond butter</p>	<p>No nuts or seeds Nuts including peanuts, almonds, walnuts Chunky nut butter Seeds such as fennel, sesame, pumpkin, or sunflower</p>

(continued on next page)

Recommended Foods	Foods to Avoid
<p>Fats and Oils Butter or margarine Vegetable and other oils Mayonnaise Salad dressings made without seeds or nuts</p>	<p>No salad dressing made with seeds or nuts</p>
<p>Soups Broth, bouillon, consommé, and strained soups Milk or cream-based soup, strained</p>	<p>No unstrained soups, chili, lentil soup, dried bean soup, corn soup, or pea soup</p>
<p>Desserts Custard Plain pudding Ice cream, sherbet, or sorbet Jell-O or gelatin without added fruit and red or purple dye Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts</p>	<p>Coconut Anything with seeds or nuts Anything with red or purple dye Cookies or cakes made with whole grain flour, seeds, dried fruits, or nuts</p>

**It's how we
treat people.**