

Low Fiber Diet- Days 3 and 2 before colonoscopy

| RECCOMENDED FOODS | FOODS TO AVOID |
|--|---|
| <p style="text-align: center;">Bread, Cereal, Rice and Pasta:</p> <ul style="list-style-type: none"> • White bread, rolls, biscuits, croissants and 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 | <p style="text-align: center;">Breads, Cereal, Rice and Pasta:</p> <ul style="list-style-type: none"> • 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) |
| <p style="text-align: center;">Vegetables:</p> <ul style="list-style-type: none"> • Tender cooked and canned vegetables without seeds • Carrots, asparagus tips, green or wax beans, pumpkin, spinach and lima beans | <p style="text-align: center;">Vegetables:</p> <ul style="list-style-type: none"> • Raw or steamed vegetables • Vegetables with seeds • Sauerkraut • Winter squash, peas, broccoli, brussels sprouts, cabbage, onions, cauliflower, baked beans, peas and corn |
| <p style="text-align: center;">Fruits:</p> <ul style="list-style-type: none"> • Strained fruit juice • Canned fruit, EXCEPT pineapple • Ripe bananas • Melons | <p style="text-align: center;">Fruits:</p> <ul style="list-style-type: none"> • Prunes and prune juice • Raw or dried fruit • All berries, figs, dates and raisins |
| <p style="text-align: center;">Milk/Dairy:</p> <ul style="list-style-type: none"> • Milk- plain or flavored • Yogurt, custard and ice cream • Cheese and cottage cheese | <p style="text-align: center;">Milk/Dairy:</p> <ul style="list-style-type: none"> • Yogurt with nuts or seeds |
| <p style="text-align: center;">Meats and other proteins:</p> <ul style="list-style-type: none"> • Ground, well cooked tender beef, lamb, ham, veal, pork, fish, poultry and organ meats. • Eggs • Peanut butter without nuts | <p style="text-align: center;">Meats and other proteins:</p> <ul style="list-style-type: none"> • Tough, fibrous meats with gristle • Dry beans, peas and lentils • Peanut butter with nuts • Tofu |
| <p style="text-align: center;">Fats, Snacks, Sweets, Condiments and Beverages:</p> <ul style="list-style-type: none"> • 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 • Pretzels • Ketchup, mustard | <p style="text-align: center;">Fats, Snacks, Sweets, Condiments and Beverages:</p> <ul style="list-style-type: none"> • 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 • Popcorn |