

## LOW FIBER DIET

A low fiber diet is easy to digest and does not leave residue in the colon before procedure.

Type of Food/Drink	YES – OK To Have	NO – Avoid These
Milk and Dairy	Milk, Cream, Hot chocolate, Buttermilk, Cheese including cottage cheese, Yogurt, Sour cream	No yogurt that has nuts, seeds, granola, fruit with skin or berries
Bread and Grains	Breads and grains made with refined white flour, white pasta, white rice, plain crackers, low-fiber cereal (<1g fiber)	Brown/wild rice, whole-grain breads/pasta, high-fiber cereal, bread or cereal with nuts or seeds or flax
Meat	Chicken, Turkey, Lamb, Lean pork, Veal, Fish and seafood, Eggs, Tofu	Tough meat with gristle
Legumes	None allowed	Dried peas, dried beans, lentils, any other legumes
Fruits	Fruit juice without pulp, Applesauce, Ripe cantaloupe and honeydew, Peeled apricots and peaches, Canned or cooked fruit without seeds or skin	Raw, cooked, canned fruit with seeds, skin, or membranes (includes berries, pineapple, apples, oranges, watermelon) Raisins/dried fruit
Vegetables	Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips) Potatoes without skin, Cucumbers without seeds or peel	Corn, Potatoes with skin, Tomatoes, Cucumbers with seeds and peel, Cooked cabbage or Brussels sprouts, Green peas, Summer and winter squash, Lima beans, Onions
Nuts, Nut Butter, Seeds	Creamy (smooth) peanut or almond butter	Nuts including peanuts, almonds, walnuts, Chunky nut butter, Seeds such as fennel, sesame, pumpkin, sunflower
Fats and Oils Small amounts for cooking	Butter, Margarine, Vegetable and other oils, Mayonnaise, Salad dressings made without seeds or nuts	No salad dressing made with seeds/nuts
Soups	Broth, bouillon, consommé, and strained soups, Strained milk or cream-based soup	Unstrained soups, Chili, Lentil soup, Dried bean soup, Corn soup, Pea soup
Desserts	Custard, Plain pudding, Ice cream, Sherbet/sorbet, Jell-O/gelatin without added fruit or red or purple dye, Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts	Coconut, anything with seeds or nuts, anything with added red or purple dye, Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts
Drinks/Beverages	Coffee, Tea, Hot chocolate, Clear fruit drinks (no pulp), Soda and other carbonated beverages, Ensure, Boost, or Enlive without added fiber	Fruit or vegetable juice with pulp Beverages with red or purple dye
Other	Sugar, Salt, Jelly, Honey, Syrup, Lemon juice	Coconut, Popcorn, Jam, Marmalade, Relishes, Pickles, Olives, Stone-ground mustard

## CLEAR LIQUID DIET

YES – OK To Have	NO – Avoid These
Water, Gatorade or clear sports drinks Apple juice, white grape juice, white cranberry juice Limeade or lemonade Black coffee or black tea (sugar only ok) Chicken or Beef Broth Gelatin without toppings (no red, blue, purple)	Milk, Cream or Honey Any red, blue, purple liquids Orange or tomato juice Cream soups - Any soup other than clear broth Oatmeal or cream of wheat Any alcohol