

Low Fiber Diet Recommendations for Colonoscopy Preparation

(5 days prior) See the clear liquid diet guidelines for the day before and day of your procedure

What food you can eat and what food to avoid

Yes- OK to eat

- Breads and grains made with refined white flour
- White rice
- Plain crackers
- Low fiber cereal
- Chicken, Turkey, Fish, Pork, Veal, Beef, Eggs,
- Creamy Peanut Butter
- Soups- cream or broth based
- Ensure, Boost without added fiber
- Yogurt, cheese, cottage cheese
- Canned or cooked vegetables without skin or peels
- Fruit without seeds or skin

No – Avoid these foods

- Whole grain or high fiber cereal (includes granola, bran, oatmeal)
- Brown or wild rice
- Bread and cereal with nuts or seeds
- Tough meat with gristle
- Chunky peanut butter
- Chili, bean, pea or lentil soup
- Popcorn
- Yogurt mixed with nuts, seeds, granola
- Raw skins, seeds, peels or certain vegetables (corn, tomatoes, peas, lettuce)
- Raw fruit with seeds, skin, or membranes
- Raisins or other dried fruits
- Nuts and seeds including peanuts, almonds, walnuts and sunflower seeds