









# Low-Fiber Diet for Colonoscopy Preparation

**Three days before your colonoscopy:** eat only low-fiber foods as listed below.

**Two days before:** continue eating only low-fiber foods.

**Day before test:** eat a low fiber breakfast **before 10 am** and switch to a **Clear Liquid Diet Only**








Food Category	 YES – OK TO EAT:	 NO – AVOID THESE FOODS
<b>Milk and Dairy</b> 	<ul style="list-style-type: none"> <li>• Milk and Cream</li> <li>• Hot Chocolate</li> <li>• Buttermilk</li> <li>• Cheese, including cottage cheese</li> <li>• Yogurt and Sour cream</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt containing nuts, seeds, granola or fruit with seeds (such as any berries)</li> </ul>
<b>Bread and Grains</b> 	<ul style="list-style-type: none"> <li>• Breads and grains made with refined white flour (including rolls, muffins, bagels and pasta)</li> <li>• White rice</li> <li>• Plain crackers</li> <li>• Low-fiber cereal (including puffed rice, cream of wheat, corn flakes)</li> </ul>	<b>NO Whole grains or high-fiber:</b> <ul style="list-style-type: none"> <li>• Brown or wild rice</li> <li>• Whole grain bread, rolls, pasta, or crackers</li> <li>• bread with nuts or seeds.</li> <li>• Whole grain or high-fiber cereal, including granola, raisin bran or oatmeal</li> <li>• quinoa, chia seeds, hemp, flax</li> </ul>
<b>Meat and Poultry</b> 	<ul style="list-style-type: none"> <li>• Chicken, Turkey, Lamb, Lean Pork, Veal, Fish and Seafood,</li> <li>• Eggs and Tofu</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• <b>NO</b> tough meat with gristle</li> </ul>
<b>Legumes</b> 	<p style="text-align: center;"><b>NONE ALLOWED</b></p>	<ul style="list-style-type: none"> <li>• <b>NO:</b> dried peas (including split or black-eyed, dried beans)</li> <li>• No kidney, pinto, garbanzo/chickpea) Lentils, or any other legume</li> </ul>
<b>Nuts, nut butter, seeds</b> 	<ul style="list-style-type: none"> <li>• Creamy (smooth only) peanut or almond butter</li> </ul>	<ul style="list-style-type: none"> <li>• <b>NO</b> nuts: Peanuts, almonds, walnuts, chunky nut butter, etc.</li> <li>• No seeds such as sesame, pumpkin, sunflower, flax, etc</li> <li>• No humus</li> </ul>
<b>Fruits</b> 	<ul style="list-style-type: none"> <li>• Fruit juice without pulp</li> <li>• Applesauce</li> <li>• cantaloupe and honeydew</li> <li>• peeled apricots and peaches</li> <li>• bananas</li> <li>• Canned or cooked fruit without seeds or skin</li> </ul>	<ul style="list-style-type: none"> <li>• <b>NO</b> seeds, skin, membranes; or dried fruit:</li> <li>• No berries of any kind, pineapple, apples, oranges, grapefruit</li> <li>• Any cooked or canned fruit with seeds or skin</li> <li>• Raisins or other dried fruit</li> </ul>

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Food Category	 YES – OK TO EAT:	 NO – AVOID THESE FOODS
<p><b>Vegetables</b></p> 	<ul style="list-style-type: none"> <li>• Cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips, etc.)</li> <li>• Potatoes without skin</li> <li>• cucumbers without seeds or peel.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>NO</b> raw vegetables or cooked vegetables with skin/peel or seeds</li> <li>• Corn, tomatoes, cucumbers with seeds and peel, cabbage, Brussel sprouts, squash, lima beans,</li> <li>• salads or any raw vegetables.</li> </ul>
<p><b>Fats and Oils</b></p> 	<ul style="list-style-type: none"> <li>• Butter, Margarine, Vegetable and other oils,</li> <li>• Mayonnaise, Salad dressings made without seeds or nuts</li> </ul>	<ul style="list-style-type: none"> <li>• <b>NO</b> salad dressings containing seeds or nuts</li> </ul>
<p><b>Soups</b></p> 	<ul style="list-style-type: none"> <li>• Broth, bouillon, consommé, and strained soups</li> <li>• Milk or cream-based soup strained</li> </ul>	<ul style="list-style-type: none"> <li>• Unstrained soups that contain restricted foods</li> <li>• Chili, lentil soup, dried bean soup, corn soup, pea soup</li> </ul>
<p><b>Desserts</b></p> 	<ul style="list-style-type: none"> <li>• Custard, plain pudding, ice cream, sherbet or sorbet,</li> <li>• Jell-O or gelatin without added red or purple dye</li> </ul>	<ul style="list-style-type: none"> <li>• Coconut, anything with seeds or nuts,</li> <li>• Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts.</li> </ul>
<p><b>Drinks or beverages</b></p> 	<ul style="list-style-type: none"> <li>• Coffee, tea, hot chocolate or cocoa,</li> <li>• clear fruit drinks (no pulp), soda and other carbonated beverages,</li> <li>• Ensure or Boost without added fiber</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit or vegetable juice with pulp,</li> <li>• beverages with red or purple dye</li> </ul>
<p><b>Other</b></p>	<ul style="list-style-type: none"> <li>• sugar, salt, jelly, honey, syrup and lemon juice</li> </ul>	<ul style="list-style-type: none"> <li>• Coconut, popcorn, jam with seeds, marmalade, relishes, pickles, olives, stone-ground mustard,</li> </ul>