



Low Fiber Diet – Days 3 and 2 before Colonoscopy

RECOMMENDED FOODS	FOODS TO AVOID
<p>Bread, Cereal, Rice and Pasta:</p> <ul style="list-style-type: none"> • White bread, rolls, biscuits, and croissants, 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>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>Vegetables:</p> <p>Tender cooked and canned vegetables without seeds: carrots, asparagus tips, green or wax beans, pumpkin, spinach, lima beans</p>	<p>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>Fruits:</p> <ul style="list-style-type: none"> • Strained fruit juice • Canned fruit, except pineapple • Ripe bananas • Melons 	<p>Fruits:</p> <ul style="list-style-type: none"> • Prunes and prune juice • Raw or dried fruit • All berries, figs, dates and raisins
<p>Mild/Dairy:</p> <ul style="list-style-type: none"> • Milk, plain or flavored • Yogurt, custard, and ice cream • Cheese and cottage cheese 	<p>Milk/Dairy:</p> <ul style="list-style-type: none"> • Yogurt with nuts or seeds
<p>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>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>Fats, Snack, 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 or pretzels • Ketchup, mustard 	<p>Fats, Snack, 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 or seeds • Popcorn