

Low Fiber Diet Guide – Start 7 days prior to Colonoscopy

	Milk & Dairy	Breads & Grains	Meat & Seafood	Legumes	Fruits
Okay to Eat:	✓ Milk ✓ Cream ✓ Hot Chocolate ✓ Buttermilk ✓ Cheese ✓ Sour Cream	✓ Breads and Grains made with white flour ✓ White Rice ✓ Plain crackers ✓ Low-fiber cereal (cream of wheat/cornflakes)	✓ Chicken ✓ Turkey ✓ Lamb ✓ Lean Pork ✓ Fish and seafood, except salmon		✓ Juice without pulp ✓ Apple sauce ✓ Canned or cooked fruit without seeds or skins ✓ Melon ✓ Peeled apricots and peaches
Do Not Eat:	✗ Yogurt mixed with seeds, nuts, granola or fruit with skins/seeds	✗ Brown or wild rice ✗ Whole-grain bread, rolls, pasta or crackers ✗ Whole-grain or high-fiber cereal (granola, oatmeal) ✗ Bread or cereal with nuts or seeds	✗ Salmon ✗ Tough meat with gristle	✗ Peas ✗ Beans ✗ Lentils ✗ Any other legumes	✗ Fruits with seeds, skins or membranes (berries, pineapple, apple, oranges) ✗ Dried fruit ✗ Any cooked or canned fruit with seeds or skins
	Nuts & Seeds	Fats & Oils	Desserts	Soups	Vegetables
Okay to Eat:	✓ Creamy (smooth) nut butters	✓ Butter ✓ Margarine ✓ Vegetable & other oils ✓ Mayonnaise ✓ Salad dressing without nuts or seeds	✓ Custard ✓ Plain pudding ✓ Ice cream (w/out nuts or seeds) ✓ Sorbet or Sherbet ✓ Jell-O (no red or blue) ✓ Cookies or cake made with white flour and without seeds, nuts or fruit	✓ Broth, bouillon, and strained soups ✓ Milk or cream-based soups, strained	✓ Canned or cooked vegetables without seeds or skins ✓ Potatoes without skins
Do Not Eat:	✗ Nuts ✗ Chunky nut butters ✗ Seeds	✗ Salad dressing with nuts or seeds	✗ Coconut ✗ Anything with nuts or seeds ✗ Anything with red or blue dye ✗ Anything made with whole-grain flour	✗ Unstrained soups ✗ Chili ✗ Lentil soup ✗ Pea soup ✗ Bean soup ✗ Corn soup	✗ Raw vegetables with skins, seeds or peel ✗ Corn ✗ Potatoes with skin ✗ Cucumbers ✗ Tomatoes ✗ Cooked cabbage or brussels sprouts ✗ Green peas ✗ Squash ✗ Lima beans ✗ Onion