

Low Fiber Food Chart

Please follow a low fiber diet for 5 days prior to your colonoscopy.

Type of Food or Drink	Yes – Ok to Drink	No – Avoid These
Milk and dairy	<p>OK to eat:</p> <ul style="list-style-type: none">• Milk• Cream• Hot chocolate• Buttermilk• Cheese, including cottage cheese• Yogurt• Sour cream	<p>NO yogurt mixed with:</p> <ul style="list-style-type: none">• Nuts, seeds, granola• Fruit with skin or seeds (such as berries)
Bread and grains	<p>OK to eat:</p> <ul style="list-style-type: none">• Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta)• White rice• Plain crackers, such as Saltines• Low-fiber cereal (including puffed rice, cream of wheat, corn flakes)	<p>NO whole grains or high-fiber:</p> <ul style="list-style-type: none">• Brown or wild rice• Whole grain bread, rolls, pasta, or crackers• Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal)• Bread or cereal with nuts or seeds
Meat	<p>OK to eat:</p> <ul style="list-style-type: none">• Chicken• Turkey• Lamb• Lean pork• Veal• Fish and seafood• Eggs• Tofu	<p>NO tough meat with gristle</p>

Legumes	None allowed	<p>NO:</p> <ul style="list-style-type: none"> • Dried peas (including split or black-eyed) • Dried beans (including kidney, pinto, garbanzo/chickpea) • Lentils • Any other legume
Fruits	<p>OK to eat:</p> <ul style="list-style-type: none"> • Fruit juice without pulp • Applesauce • Ripe cantaloupe and honeydew • Ripe, peeled apricots and peaches • Canned or cooked fruit without seeds or skin 	<p>NO seeds, skin, membranes; or dried fruit:</p> <ul style="list-style-type: none"> • Raw fruit with seeds, skin, or membranes (includes berries, pineapple, apples, oranges, watermelon) • Any cooked or canned fruit with seeds or skin • Raisins or other dried fruit
Vegetables	<p>OK for some if cooked or canned:</p> <ul style="list-style-type: none"> • Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips) • Potatoes without skin • Cucumbers without seeds or peel 	<p>NO raw, skin, seeds, peel; or certain other vegetables:</p> <ul style="list-style-type: none"> • 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	<p>OK to eat:</p> <ul style="list-style-type: none"> • Creamy (smooth) peanut or almond butter 	<p>NO nuts or seeds:</p> <ul style="list-style-type: none"> • Nuts including peanuts, almonds, walnuts • Chunky nut butter • Seeds such as fennel, sesame, pumpkin, sunflower

Fats and oils

OK to eat:

- Butter
- Margarine
- Vegetable and other oils
- Mayonnaise
- Salad dressings made without seeds or nuts

NO salad dressing made with seeds or nuts

Soups

OK to eat:

- Broth, bouillon, consomme, and strained soups
- Milk or cream-based soup, strained

No:

- Unstrained soups
- Chili
- Lentil soup
- Dried bean soup
- Corn soup
- Pea soup

Desserts

OK to eat:

- Custard
- Plain pudding
- Ice cream
- Sherbet or sorbet
- Jell-O or gelatin without added fruit or red or purple dye
- Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts

NO:

- 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 or beverages

OK to eat:

- Coffee
- Tea
- Hot chocolate or cocoa
- Clear fruit drinks (no pulp)
- Soda and other carbonated beverages
- Ensure, Boost, or Enlive without added fiber

NO:

- Fruit or vegetable juice with pulp
- Beverages with red or purple dye

Other

OK to eat:

- Sugar
- Salt
- Jelly
- Honey
- Syrup
- Lemon juice

NO:

- Coconut
- Popcorn
- Jam
- Marmalade
- Relishes
- Pickles
- Olives
- Stone-ground mustard