



## LOW RESIDUE / LOW FIBER DIET

This diet is recommended for use prior to bowel cleansing for Colonoscopy. After completion of your procedure a diet high in fiber is recommended.

FOODS RECOMMENDED:	FOODS TO AVOID:
<p><b>BREADS/GRAINS</b>                      Refined breads, toast, rolls, biscuits, muffins, crackers, pancakes, and waffles.                      Enriched white or light rye bread or rolls.                      Saltines, Melba toast                      Refined ready-to-eat cereals such as puffed rice and puffed wheat                      Cooked refined wheat, corn, or rice cereal                      Strained oatmeal, grits and farina                      Refined cold cereals made from rice, corn or oats (Rice Krispies, Cornflakes, Cheerios)                      White rice, refined pasta, macaroni, noodles</p> <p><b>VEGETABLES:</b>                      Most tender cooked and canned vegetables without seeds such as carrots, asparagus tips, beets, green or waxed beans, pumpkin, spinach, squash (acorn) without seeds, potato (no skin), pureed or cooked strained lima beans, and peas (no skin)</p> <p><b>FRUITS:</b>                      Most canned or cooked fruits, fruit cocktail, avocado, canned applesauce, apricots, peaches, pears (all without skin and seeds), pureed plums and ripe bananas                      Strained fruit juice</p> <p><b>MILK/DAIRY:</b>                      Milk, mild cheese, cottage cheese                      Yogurt (no berries)                      Ice Cream (no fruit or nuts)                      *limit milk/milk products to 2 cups per day</p> <p><b>MEAT:</b>                      Ground or well-cooked, tender beef, lamb, ham, veal, pork, fish, shellfish, poultry (no skin), and organ meats                      Eggs                      Smooth peanut butter</p> <p><b>FAT/SNACKS:</b>                      Margarine, butter, vegetable oils, mayo, cream substitutes, crisp bacon, plain gravies, and salad dressings                      Chocolate                      Broth, strained cream soups (no corn) made with allowed ingredients</p> <p><b>MISC:</b>                      Salt, soy sauce, ketchup                      Mild spices in moderation, white sauce                      Sugar, honey, jelly, syrup                      Lemon juice, vinegar, vanilla and other flavoring extracts                      Coffee, tea, carbonated beverages and fruit drink (w/o pulp)</p>	<p><b>BREADS/GRAINS</b>                      Any bread product made with whole-grain flour or graham flour, bran, seeds, nuts, coconut, or raw or dried fruit, cornbread, and graham crackers                      Any whole-grain, bran, or granola cereal, oatmeal and cereal with seeds, nuts, coconut or dried fruit                      Bran, barley, brown and wild rice</p> <p><b>VEGETABLES:</b>                      Raw vegetables and vegetables with seeds, sauerkraut, winter squash, and peas</p> <p><b>FRUITS:</b>                      Raw or dried fruit, all berries                      Prune juice</p> <p><b>MILK/DAIRY:</b>                      Yogurt containing fruit skins or seeds</p> <p><b>MEAT:</b>                      Tough fibrous meats with gristle, shellfish with tough connective tissue                      Meats prepared with whole-grain ingredients, seeds, or nuts                      Dry beans, legumes, peas and lentils                      Chunky peanut butter                      Raw clams and oysters</p> <p><b>FAT/SNACKS:</b>                      Any made with whole-grain flour, bran, seeds, nuts, coconut, or dried fruit                      Nuts, seeds, and popcorn                      Raisins, seeds, seed spices, pickles, olives, nuts, spicy mustards, and relish                      Highly spiced salad dressings                      Jam or marmalade with nuts and seeds</p> <p><b>MISC:</b>                      Beverages and gelatins that are red or purple in color up to 24hrs. prior to procedure</p>