# Low Fiber Diet Guide

*Start 5 days before your Colonoscopy*

## Bread, Cereals, Grains

**Okay to Eat:**
- Breads made from white flour including white bread, rolls, biscuits, bagels, English muffins and croissants
- Waffles, French toast and pancakes from white flour
- Crackers, zwieback, melba and matzoh (no cracked wheat or whole grains)
- Plain pasta or noodles and white rice
- Peeled, cooked potatoes
- Cold cereals: Corn Flakes, Cheerios or Rice Krispies
- Cooked cereals: Farina, Cream of Rice, Cream of Wheat

**Avoid:**
- Breads made with whole wheat or whole grains, rye bread, pumpernickel or cornbread
- Any breads with seeds or nuts
- Cold cereals: Granola, All Bran, Raisin Bran or Wheaties
- Wheat Germ
- Cooked cereals: Kasha or Oatmeal
- Potatoes with skin
- Graham Crackers
- Nuts and seeds

## Meat, Fish, Poultry and Protein

**Okay to Eat:**
- Tender Cuts of Meat, ground Meat
- Tofu
- Fish and shellfish
- Eggs
- Creamy Peanut Butter

**Avoid:**
- All Beans, Nuts, Peas, Lentils
- Tough Meat with Gristle
- Processed Meats, hot dogs, sausage and cold cuts
- Chunky peanut butter

## Dairy: Milk and Cheese

**Okay to Eat:**
- Milk, chocolate milk, buttermilk and milk drinks
- Yogurt without seeds, granola, nuts or fruit with skin
- Sour Cream, Cottage Cheese, Custard or Pudding
- Ice Cream or frozen desserts
- Cream Sauces and Cream Soups

**Avoid:**
- Yogurt with seeds, granola, nuts or fruit with skin

## Vegetables and Potatoes

**Okay to Eat:**
- Tender, well-cooked fresh or canned vegetables without seeds, stems or skins
- Cooked sweet or white potatoes without skins
- Strained vegetable juices without pulp or spices

**Avoid:**
- All raw or steamed vegetables
- Peas, corn, cabbage, broccoli, cauliflower, brussels sprouts, green beans, potatoes with skins and onions
- All types of beans
- Sauerkraut

## Fruits

**Okay to Eat:**
- Soft canned or cooked fruit without seeds or skins
- Juice without pulp
- Soft melons
- Jelly without pulp

**Avoid:**
- Dried Fruits
- All raw fruits and berries
- Coconut
- Prune Juice, prunes and raisins

## Other

**Okay to Eat:**
- Margarine, butter and oils in small amounts
- Plain bouillon and broth
- Ketchup and mild mustard
- Mayonnaise and mild salad dressing
- Plain gravies
- Spices, cooked herbs and salt
- Sugar, honey and syrup and clear jellies
- Hard candy and marshmallows
- Plain chocolate

**Avoid:**
- Marmalade
- Salad dressing with seeds or nuts
- Pickles, olives, relish, and horse radish
- Popcorn
- Potato chips
- Nuts and seeds