

Low Fiber Diet



As a general rule, **DO NOT** eat: nuts, seeds, raw fruits or vegetables, corn, beans, peas, lentils, whole grains, or popcorn

If you have questions after reading all of the instructions, call us at (425) 259-3122

START FOLLOWING A LOW-FIBER DIET STARTING 5 DAYS BEFORE YOUR COLONOSCOPY OR OTHER GI PROCEDURE.

FOOD GROUP	YES	NO
Breads & Grains	White breads, bagels, rolls, biscuits, pretzels, waffles, French toast, pancakes, white rice, white pasta, peeled potatoes, sweet potatoes, baked chips, saltines or white crackers without seeds, baked items made with white flour	Whole wheat or other whole grain bread, bread with nuts, seeds or added fiber, whole grain tortillas, tortillas with seeds, whole grain corn or popcorn, whole grain pasta, brown rice, quinoa, spelt, other high-fiber grains.
Gluten Free Breads & Grains	GF white bread, rolls, biscuits without seeds, GF cereal (no bran), GF crackers without nuts/seeds, GF tortillas without seeds, GF flours-rice, sorghum, tapioca, coconut	High-fiber gluten free bread, bran, seeds, nuts, crackers, tortillas with seeds
Cereals	Hot cereal: cream of rice, cream of wheat Cold cereal: Rice Krispies, Corn Flakes, Special K	Whole grain cereals, cereal with nuts/seeds, oatmeal, granola bran
Meat & Proteins	Lean meats-beef, chicken, turkey, pork, etc. Fish, shellfish, eggs, tofu, avocado, creamy peanut, almond or other nut butters, soups with allowed meats and vegetables	Tough meats with pieces of fat, beans, peas, lentils, nuts, seeds, chunky peanut, almond or other nut butters, hummus
Milk & Dairy	Cow's milk-plain or flavored, coconut, almond, rice and soy milk, cheese, cottage cheese, yogurt-plain or flavored, no berries, pudding, custard, ice cream	Oat milk, yogurt with berries, seeds, or granola
Dairy Free Options	Dairy free yogurt, cheeses, puddings, ice cream, milk alternatives, coconut, almond, soy, hemp, rice or cashew milk	Oat milk
Fats, Oils, & Condiments	Butter, margarine, plant-based butter, cooking oils, mayonnaise, soy sauce, salad dressing without seeds, herbs, spices, plain gravy	Salad dressing with seeds, whole peppercorns, whole fennel, anise seeds, pickles, olives

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FOOD GROUP	YES	NO
Beverages	Coffee, tea, carbonated beverages, fruit juice without pulp, electrolyte beverages (Gatorade, Pedialyte), clear broth, milk, coconut, almond, rice or soy milk	Fruit juice with pulp, oat milk
Sweets & Desserts	Clear jelly (no seeds/nuts), honey, syrup, sugar-white/brown, plain cake (no seeds/nuts), plain cookies (no seeds/nuts), Jello, pudding, popsicles, hard candy, plain chocolate (no seeds/nuts)	Dried fruit, chocolate (nuts, seeds, fruit), cake or cookies (dried fruit, nuts, seeds, coconut)
Fruit & Vegetables	Peeled apples or applesauce without skins/seeds Canned or pureed fruit without skins/seeds Bananas, cantaloupe, honeydew melon Cooked or canned vegetables without seeds: Carrots Asparagus tips Green beans Pumpkin Spinach Peeled potatoes Mushrooms Peeled sweet potatoes	Raw fruits with skin/seeds, pineapple, berries, grapes, broccoli, cauliflower, brussel sprouts, cabbage, winter squash, beets, lettuce, dark greens, whole kernel corn, peppers, onions, raw vegetables

ONE DAY BEFORE COLONOSCOPY OR OTHER GI PROCEDURE

NO SOLID FOODS for the entire day on the day before your procedure. No alcohol. Follow a clear liquid diet only.

A clear liquid diet can include:

AVOID RED, BLUE, PURPLE COLORS

- Clear fruit juice without pulp-apple, white grape, etc.
- Small amount of coffee or tea without milk or creamer
- Gatorade, Pedialyte, or other electrolyte drink (NO Gatorade Frost; no red, blue, or purple beverages)
- Jello (no red, blue, or purple)
- Soda (no red, blue, or purple)
- Popsicles (no red, blue, or purple)
- Clear broth (beef, chicken, vegetable, bone)
- Water

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