

Low-Fiber Diet List

Two or three days before your procedure, eat only low-fiber foods listed below.

Type of Food or Drink	Ok to Eat or Drink	No – Avoid these
Milk/Dairy	Milk/Cream	Yogurt mixed with granola, nuts, seeds, fruit
	Hot chocolate	
	Buttermilk	
	Cheese, including cottage cheese	
	Yogurt (no toppings or mix-ins)	
	Sour cream	
Bread and grains	Breads and crackers made with refined white flour (including rolls, muffins, bagels, pasta, saltines)	Whole grain or high-fiber bread, crackers, or pasta
	White rice	Brown or wild rice
	Low-fiber cereal (including puffed rice, cream of wheat, corn flakes)	Whole grain or high-fiber cereal (including bran, granola, oatmeal)
Meat	Chicken, Turkey, Lamb, Lean pork, Veal, Fish and seafood, Eggs, Tofu	No tough meat with gristle
Legumes	None allowed	Avoid all dried beans, peas, lentils, etc.
Fruits	Fruit juice without pulp	Raisins or other dried fruit
	Ripe peeled apricots or peaches Ripe cantaloupe or honeydew	Raw fruit with seeds, skin, or membranes (includes berries, pineapple, apples, oranges, watermelon)
	Canned or cooked fruit without seeds or skin	Canned or cooked fruit with seeds or skin
	Vegetables	Canned or cooked vegetables without skin or peel (includes carrots, mushrooms, turnips, asparagus tips)
	Potatoes without skin	Potatoes with skin
	Cucumbers without seeds or peel	Cucumbers with seeds and peel
		Cooked cabbage or Brussel sprouts

Type of Food or Drink	Ok to Eat or Drink	No – Avoid these
Vegetables cont.		Summer and winter squash
		Green peas or lima beans
		Corn
Nuts, nut butter, seeds	Creamy (smooth) peanut or almond butter	No nuts or seeds (including peanuts, walnuts, almonds, chunky nut butter, sesame or sunflower seeds)
Fats and oils	Butter, margarine, vegetable and other oils, mayonnaise, and salad dressing without seeds or nuts.	No salad dressing made with seeds or nuts
Soup	Broth, bouillon, consommé, and strained soups	No chili, lentil, dried bean, corn, pea, or unstrained soup
Desserts	Custard or plain pudding	Coconut
	Ice cream, sherbet, or sorbet	Anything with seeds or nuts
	Jello or gelatin without added fruit or red or purple dye	Anything with red or purple dye
	Cookies or cakes made with white flour, without dried fruit, nuts, or seeds	
Drinks or beverages	Coffee or Tea	Fruit or vegetable juice with pulp
	Hot chocolate or cocoa	Anything with red or purple dye
	Clear fruit drinks (no pulp)	
	Soda and other carbonated drinks	
	Ensure, Boost or Enlive without added fiber	
	Water	
Other	Sugar and salt	Coconut
	Jelly	Jam or Marmalade
	Honey	Stone-ground mustard
	Syrup	Relishes, pickles, olives
	Lemon juice	Popcorn