




LOW FIBER DIET

(4 DAYS PRIOR TO YOUR PROCEDURE)

LESS THAN 10 GRAMS OF FIBER PER DAY

TYPE OF FOOD/DRINK	 YES OK TO EAT THIS FOOD/DRINK 	 NO AVOID THIS FOOD/DRINK 
Milk & Dairy	Milk Cream Hot chocolate Buttermilk Cheese Cottage cheese Yogurt Sour cream	No yogurt mixed with nuts, seeds, or granola No fruit with skin or seeds (such as berries)
Breads & Grains	Breads and grains made with refined white flour (rolls, muffins, and pasta) White rice Plain crackers (no seeds) Low fiber cereal (puffed rice, crème of wheat, corn flakes)	Brown or wild rice Whole grain bread, rolls, bagels, pasta, or crackers Whole grain or high fiber cereal (raisin bran, oatmeal)
Meat	Chicken Turkey Lean pork Fish and seafood Eggs Tofu	No meat with gristle
Legumes/Beans	NO Legumes or beans	Dried peas (split, black-eyed) Dried beans (kidney, pinto, garbanzo/chickpea) Lentils Any other legumes or beans
Fruits & Vegetables	Fruit juice <u>without</u> pulp Applesauce Ripe, peeled apricots and peaches Bananas Canned or cooked fruit <u>without</u> seeds or skin Canned or cooked vegetables without skin or peel (peeled carrots, mushrooms, turnups, asparagus tips) Potatoes <u>without</u> skin	Raw fruit with seeds, skin, or membranes (berries, pineapple, apples, oranges, watermelon) Raisins or other dried fruit Any cooked or canned fruit with seeds or skin Cooked cabbage or brussels sprouts Potatoes with skin Tomatoes Cucumbers with seeds and peel Green peas
Other	Creamy or smooth peanut butter or almond butter Butter Margarine Vegetable and other oils Mayonnaise Salad dressings made without seeds or nuts Broth, consommé, and strained soups Milk or crème-based soup, strained Custard Plain pudding Ice cream Sherbet or sorbet Jell-O or gelatin <u>without</u> added fruit or red, blue or purple dye Cookies or cake made with white flour, prepared without seeds, dried fruit or nuts	Nuts (peanuts, almonds, walnuts) Seeds (fennel, sesame, pumpkin, sunflower) Anything with seeds or nuts Unstrained soups Chili Lentil soup Dried bean soup Corn soup Pea soup Coconut Anything with added red, blue or purple dye Cookies or cakes made with whole grain flour, seeds, dried fruit or nuts