



Guidelines for Food Selection for Fiber and Residue Restricted Diet

Follow low residue diet 2 Days prior to procedure

PLEASE FOLLOW CLEAR LIQUID DIET ON THE DAY PRIOR TO YOUR COLONOCOPY

<u>Food Category</u>	<u>Allowed to have</u>	<u>Do not have</u>
Beverages	Coffee, tea, carbonated beverages, strained fruit drinks, milk as tolerated	Any containing fruit or vegetable pulp; prune juice
Breads	Refined breads, rolls, biscuits, muffins, crackers pancakes or waffles; plain pastries	Any made with whole-grain flour, bran, <u>seeds, nuts</u> , coconut, or raw or dried fruits; cornbread, graham crackers
Cereals	Refined cooked cereals including grits and farina; refined cereals including puffed rice and wheat	Oatmeal; any whole grain, bran, or granola cereal; any containing seeds, nuts, coconut, or dried fruit
Desserts & Sweets	Plain cakes and cookies; pie made with allowed fruits; plain sherbet, fruit ice, frozen pops, yogurt, gelatin, and custard; jelly; plain hard candy; marshmallows; ice cream as tolerated	Any made with whole-grain flour, bran, seeds, nuts, coconut, or raw or dried fruits <u>No Salads/leafy vegetables or anything with skin</u>
Fats	Margarine, butter, salad oils and dressings, mayonnaise; bacon; plain gravies	Any made with whole-grain flour, bran, seeds, nuts, coconut, or dried fruits
Meats and Meat Substitutes	Ground or well-cooked, tender beef, lamb, ham, veal, pork, poultry, fish, organ meats; eggs and cheese	Tough, fibrous meats with gristle; any made with whole grain ingredients, <u>seeds or nuts; dried beans, peas, lentils, legumes;</u> peanut butter
Potato and Potato Substitutes	cooked white and sweet potatoes without skin; white rice; refined pasta	All others
Soups	Boullion, broth, or cream soups made with allowed vegetables, noodles, rice, or flour	All others
Miscellaneous	Salt, pepper, sugar, spices, herbs, vinegar, ketchup, mustard	<u>Nuts, coconut, seeds/popcorn, No salads/lettuce/leafy vegetables</u>