

## ✓ Low-Fiber Foods to Eat (Safe 3 Days Before Colonoscopy)

Category	Recommended Foods
<b>Milk &amp; Milk Products</b>	Buttermilk, Custard, Evaporated/Powdered Milk, Low-fat Cheese, Low-fat Ice Cream, Skim/Low-fat Milk, Sherbet, Smooth Yogurt (no seeds/berries/nuts)
<b>Vegetables</b>	Well-cooked veggies without seeds (e.g., carrots, spinach), Lettuce, Potatoes (no skin), Strained Veggie Juice
<b>Meats &amp; Protein</b>	Eggs, Smooth Nut Butters (e.g., creamy peanut butter), Tofu, Tender/Well-cooked Meat, Poultry, Fish
<b>Grains</b>	White Bread, White Rice, Pasta, Crackers, Cereals made with refined flour, Cooked cereals (farina, creamy rice)
<b>Fruits</b>	Juice without pulp (except prune), Peeled Apple, Ripe Banana, Melons, Soft/Pureed canned fruit (except pineapple)
<b>Snacks &amp; Sweets</b>	Jell-O, Hard Candy, Plain Cake/Cookies, Plain Pudding, Low-fat Ice Cream, Pretzels, Sherbet, Popsicles
<b>Condiments</b>	Ketchup, Mustard, Butter, Margarine, Oils, Mayo, Sour Cream, Plain Gravy, Clear Jelly, Honey, Syrup, Broth, Bouillon, Cooked Herbs, Allowed Vegetable Soups

## ✗ High-Fiber Foods to Avoid (3 Days Before Colonoscopy)

Category	Avoid These Foods
<b>Milk &amp; Milk Products</b>	Yogurt with seeds, berries, or nuts
<b>Vegetables</b>	Broccoli, Cabbage, Cauliflower, Corn, Fried Vegetables, Greens (mustard, collards, etc.), Mushrooms, Onions, Okra, Peppers, Raw Veggies (except lettuce), Potato Skins, Brussels Sprouts, Winter Squash
<b>Meats &amp; Protein</b>	Chunky Nut Butters, Dried/Legume Beans (peas, lentils), Nuts/Seeds, Tough or Chewy Meats, Processed meat (hot dogs, sausage, cold cuts)
<b>Grains</b>	Brown/Wild Rice, Whole-grain Cereals, Whole-Wheat or Seeded Breads/Rolls/Pasta/Crackers
<b>Fruits</b>	Raw Fruits (except peeled apple, ripe banana, melon), Dried Fruits (e.g., raisins), Prunes & Prune Juice, Canned Berries/Cherries
<b>Snacks/Sweets/Condiments</b>	Popcorn, Candy with Nuts/Seeds, Desserts with Whole Grains, Dried Fruit, Nuts or Coconut, Jam, Marmalade, Pickles, Olives, Relish, Horseradish, Sauerkraut