

A low-fiber diet limits the amount of food waste that has to move through the large intestine.

PLEASE FOLLOW THIS DIET 3-5 DAYS PRIOR TO THE PROCEDURE.

Foods Recommended	Foods to Avoid
<p>Breads, Cereal, Rice and Pasta:</p> <ul style="list-style-type: none"> • White bread, rolls, biscuits, croissants and melba toast • Waffles, French Toast and pancakes • White rice, noodles, pasta, macaroni and peeled cooked potatoes • Plain crackers and Saltines • Cold cereals: Puffed Rice, Rice Krispies, Corn Flakes 	<p>Breads, Cereal, Rice and Pasta:</p> <ul style="list-style-type: none"> • Breads or rolls with nuts, seeds or fruit • Whole wheat, pumpernickel, rye breads and corn bread • Potatoes with skin, brown or wild rice and kasha (buckwheat)
<p>Vegetables:</p> <ul style="list-style-type: none"> • None 	<p>Vegetables:</p> <ul style="list-style-type: none"> • Raw or steamed vegetables • Vegetables with seeds • Sauerkraut • Winter squash, peas, broccoli, Brussels sprouts, corn, cabbage, onions, cauliflower, baked beans, and peas
<p>Fruits:</p> <ul style="list-style-type: none"> • Strained fruit juice • Ripe bananas 	<p>Fruits:</p> <ul style="list-style-type: none"> • Prunes and prune juice • Raw or dried fruit • All berries, figs, dates and raisins
<p>Milk/Dairy:</p> <ul style="list-style-type: none"> • Milk, plain or flavored • Yogurt, custard and ice cream • Cheese and cottage cheese 	<p>Milk/Dairy:</p> <ul style="list-style-type: none"> • Yogurt with nuts or seeds
<p>Fats, Snacks, Sweets, Condiments and Beverages:</p> <ul style="list-style-type: none"> • Margarine, butter, oils, mayonnaise, sour cream and salad dressing • Plain gravies • Sugar, clear jelly, honey and syrup • Spices, cooked herbs, boullion, broth and soups made with allowed vegetables • Coffee, tea and carbonated drinks • Plain cakes and cookies • Gelatin, plain puddings, custard, ice cream, sherbet and popsicles • Hard Candy • Ketchup and mustard 	<p>Fats, Snacks, Sweets, Condiments and Beverages:</p> <ul style="list-style-type: none"> • Nuts, seeds and coconut • Jam, marmalade and preserves • Pickles, olives, relish and horseradish • All desserts containing nuts, seeds, dried fruit, coconut or made from whole grains or bran • Candy made with nuts or seeds • Popcorn
<p>Meat and other proteins:</p> <ul style="list-style-type: none"> • Ground, well-cooked tender beef, lamb, ham, veal, pork, fish, poultry and organ meats • Eggs • Peanut butter without nuts 	<p>Meat and other proteins:</p> <ul style="list-style-type: none"> • Tough, fibrous meats with gristle • Dry beans, peas and lentils • Peanut butter with nuts • Tofu