

## Low residue diet for colonoscopy prep

Food group	Foods allowed...	Foods to avoid...
Milk and dairy	Milk and milk products. Includes: <ul style="list-style-type: none"> <li>▪ cow's milk</li> <li>▪ ice cream</li> <li>▪ yogurt</li> <li>▪ cheese</li> <li>▪ cream</li> </ul>	<ul style="list-style-type: none"> <li>▪ fruited yogurt</li> <li>▪ any ice cream or cheese with nuts or seeds</li> <li>▪ any milk products if you are lactose intolerant</li> </ul>
Beverages	<ul style="list-style-type: none"> <li>▪ coffee and tea</li> <li>▪ carbonated beverages</li> <li>▪ apple juice</li> <li>▪ strained juice</li> <li>▪ bottled water</li> <li>▪ tomato juice</li> <li>▪ fruit drinks without pulp, such as fruit punch</li> <li>▪ Kool-Aid or Hi-C (without red dye)</li> <li>▪ nutritional supplements without added fiber, such as Boost or Ensure</li> </ul>	<ul style="list-style-type: none"> <li>▪ any beverage containing pulp or seeds, such as orange or grapefruit juice</li> <li>▪ prune juice</li> <li>▪ nutritional supplements that contain fiber</li> </ul>
Breads, cereals, and starches	<ul style="list-style-type: none"> <li>▪ refined breads, rolls, bagels, English muffins, pita bread, biscuits, muffins, crackers, pancakes, waffles, or pastry</li> <li>▪ refined cooked and cold cereals such as hominy grits, farina, cream of wheat or rice, strained oatmeal, Cheerios, Corn/Rice Chex, Cornflakes, Rice Krispies, Special K</li> <li>▪ potato and sweet potato without skin</li> <li>▪ white rice</li> <li>▪ refined pasta</li> </ul>	<ul style="list-style-type: none"> <li>▪ whole grain breads, cereals, and pasta</li> <li>▪ oatmeal</li> <li>▪ granola</li> <li>▪ any bread, cereal, cracker, or pasta made with seeds, nuts, coconut, or raw or dried fruit</li> <li>▪ corn bread</li> <li>▪ graham crackers</li> <li>▪ brown rice</li> <li>▪ wheat germ</li> <li>▪ bran</li> <li>▪ sprouted wheat</li> <li>▪ wild rice</li> <li>▪ barley</li> <li>▪ potato skins</li> </ul>

Over →

Food group	Foods allowed...	Foods to avoid...
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Fruits	<ul style="list-style-type: none"> <li>▪ <b>canned or cooked</b> fruit without skins or seeds (peaches, pears, apricots, apples)</li> <li>▪ applesauce</li> <li>▪ ripe banana</li> <li>▪ jellied cranberry sauce</li> </ul>	<ul style="list-style-type: none"> <li>▪ raw fruit (bananas are okay)</li> <li>▪ canned pineapple, oranges, grapefruit sections, mixed fruit</li> <li>▪ dried fruit</li> <li>▪ all berries, melons</li> <li>▪ whole cranberry sauce</li> <li>▪ avocado</li> <li>▪ coconut</li> </ul>																
Vegetables	<ul style="list-style-type: none"> <li>▪ tender, well cooked fresh, canned, and frozen vegetables without seeds such as peeled carrots, green beans, and beets</li> <li>▪ strained vegetable juice</li> <li>▪ strained tomato sauce</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>all raw vegetables</b>, such as lettuce, onion, celery, cucumber, mushrooms, scallions, etc.</li> <li>▪ vegetables with seeds</li> <li>▪ <b>tough, fibrous cooked vegetables</b> such as:               <table style="margin-left: 20px; border: none;"> <tr> <td>artichokes</td> <td>asparagus</td> </tr> <tr> <td>broad beans</td> <td>broccoli and cauliflower</td> </tr> <tr> <td>brussel sprouts</td> <td>celery</td> </tr> <tr> <td>corn</td> <td>cucumber</td> </tr> <tr> <td>eggplant</td> <td>mushrooms</td> </tr> <tr> <td>onion</td> <td>peas (green peas)</td> </tr> <tr> <td>sauerkraut and cabbage</td> <td>spinach</td> </tr> <tr> <td>tomatoes</td> <td>zucchini summer squash, winter squash</td> </tr> </table> </li> </ul>	artichokes	asparagus	broad beans	broccoli and cauliflower	brussel sprouts	celery	corn	cucumber	eggplant	mushrooms	onion	peas (green peas)	sauerkraut and cabbage	spinach	tomatoes	zucchini summer squash, winter squash
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Meat and meat substitutes	<ul style="list-style-type: none"> <li>▪ cooked, tender fish, poultry, beef, lamb, pork, ham, veal, organ meats</li> <li>▪ eggs</li> <li>▪ cheese</li> <li>▪ tofu</li> <li>▪ tuna fish</li> <li>▪ smooth peanut butter and other smooth nut butters</li> </ul>	<ul style="list-style-type: none"> <li>▪ non-tender meats</li> <li>▪ gristle</li> <li>▪ hot dogs</li> <li>▪ salami, cold cuts</li> <li>▪ meat substitutes made with whole grains, nuts, or seeds</li> <li>▪ dried beans, peas, lentils</li> <li>▪ crunchy style peanut butter and other crunchy nut butters</li> </ul>																
Miscellaneous	<ul style="list-style-type: none"> <li>▪ salt, sugar, ground or flaked herbs and spices</li> <li>▪ vinegar</li> <li>▪ ketchup and mustard</li> <li>▪ soy sauce</li> <li>▪ jelly (but not jam or preserves)</li> </ul>	<ul style="list-style-type: none"> <li>▪ pepper</li> <li>▪ seed spices</li> <li>▪ seeds and nuts</li> <li>▪ coconut</li> <li>▪ popcorn</li> <li>▪ jams or preserves</li> <li>▪ pickles and olives</li> </ul>																