



Low Fiber Diet for Colonoscopy

Foods that are okay	Foods that are not okay
White bread	Whole wheat bread or pasta
White rice or noodles	Brown or wild rice
Plain crackers and potato rolls	Whole wheat crackers and rolls
Skinless cooked potato	Raw or partially cooked vegetables
Skinless chicken or turkey	Tough meat or meat items with skin
Fish and other sea foods	Nuts, seeds, popcorn, and fruits
Canned fruits without seeds or skin	Milk or milk products
Eggs	Cereals
Vanilla wafers, Animal crackers	Granola, Cornbread, Pumpnickel bread
Items on the clear liquid diet	Items on the high fiber diet