

**WH Gastroenterology At Silver Stream**

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**Low-fiber Diet for Colonoscopy Preparation****Start the Low-Fiber Diet 3 days prior to your Clear Liquid Diet**

Wilmington Health Endoscopy Unit - 2421 Silver Stream Lane, Wilmington, NC 28401

Type of Food or Drink	Yes - OK to Drink	No - Avoid These
Milk and dairy	<b>OK to eat:</b> <ul style="list-style-type: none"><li>• Milk</li><li>• Cream</li><li>• Hot chocolate</li><li>• Buttermilk</li><li>• Cheese, including cottage cheese</li><li>• Yogurt</li><li>• Sour cream</li></ul>	<b>NO yogurt mixed with:</b> <ul style="list-style-type: none"><li>• Nuts, seeds, granola</li><li>• Fruit with skin or seeds (such as berries)</li></ul>
Bread and grains	<b>OK to eat:</b> <ul style="list-style-type: none"><li>• Breads and grains made with refined white flour (including rolls, muffins ,bagels, pasta)</li><li>• White rice</li><li>• Plain crackers, such as Saltines</li><li>• Low-fiber cereal (including puffed rice, cream of wheat, corn flakes)</li></ul>	<b>NO whole grains or high-fiber:</b> <ul style="list-style-type: none"><li>• Brown or wild rice</li><li>• Whole grain bread, rolls, pasta, or crackers</li><li>• Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal)</li><li>• Bread or cereal with nuts or seeds</li></ul>
Meat	<b>OK to eat:</b> <ul style="list-style-type: none"><li>• Chicken</li><li>• Turkey</li><li>• Lamb</li><li>• Lean Pork</li><li>• Veal</li><li>• Fish and seafood</li><li>• Eggs</li><li>• Tofu</li></ul>	<b>NO tough meat with gristle</b>
Legumes	<b>None allowed</b>	<b>NO:</b> <ul style="list-style-type: none"><li>• Dried peas (including split or black-eyed)</li><li>• Dried beans (including kidney, pinto, garbanzo/chickpea)</li><li>• Lentils</li><li>• Any other legume</li></ul>
Fruits	<b>OK to eat:</b> <ul style="list-style-type: none"><li>• Fruit juice without pulp</li><li>• Applesauce</li><li>• Ripe cantaloupe and honeydew</li><li>• Ripe, peeled apricots and peaches</li><li>• Canned or cooked fruit without seeds or skin</li></ul>	<b>NO seeds, skin, membranes; or dried fruit:</b> <ul style="list-style-type: none"><li>• Raw fruit with seeds, skin, or membranes (includes berries, pineapple, apples, oranges, watermelon)</li><li>• Any cooked or canned fruit with seeds or skin</li><li>• Raisins or other dried fruit</li></ul>

Type of Food or Drink	Yes - OK to Drink	No - Avoid These
Vegetables	<b>OK for some if cooked or canned:</b> <ul style="list-style-type: none"> <li>• Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips)</li> <li>• Potatoes without skin</li> <li>• Cucumbers without seeds or peel</li> </ul>	<b>NO raw, skin, seeds, peel; or certain other vegetables:</b> <ul style="list-style-type: none"> <li>• Corn</li> <li>• Potatoes with skin</li> <li>• Tomatoes</li> <li>• Cucumbers with seeds and peel</li> <li>• Cooked cabbage or Brussels sprouts</li> <li>• Green peas</li> <li>• Summer and winter squash Lima beans</li> <li>• Onions</li> </ul>
Nuts, nut butter, seeds	<b>OK to eat:</b> <ul style="list-style-type: none"> <li>• Creamy (smooth) peanut or almond butter</li> </ul>	<b>NO nuts or seeds:</b> <ul style="list-style-type: none"> <li>• Nuts including peanuts, almonds, walnuts</li> <li>• Chunky nut butter</li> <li>• Seeds such as fennel, sesame, pumpkin, sunflower</li> </ul>
Fats and oils	<b>OK to eat:</b> <ul style="list-style-type: none"> <li>• Butter</li> <li>• Margarine</li> <li>• Vegetable and other oils</li> <li>• Mayonnaise</li> <li>• Salad dressings made without seeds or nuts</li> </ul>	<b>NO salad dressing made with seeds or nuts</b>
Soups	<b>OK to eat:</b> <ul style="list-style-type: none"> <li>• Broth, bouillon, consommé, and strained soups</li> <li>• Milk or cream-based soup, strained</li> </ul>	<b>No:</b> <ul style="list-style-type: none"> <li>• Unstrained soups</li> <li>• Chili</li> <li>• Lentil soup</li> <li>• Dried bean soup</li> <li>• Corn soup</li> <li>• Pea soup</li> </ul>
Desserts	<b>OK to eat:</b> <ul style="list-style-type: none"> <li>• Custard</li> <li>• Plain pudding</li> <li>• Ice cream</li> <li>• Sherbet or sorbet</li> <li>• Jell-O or gelatin without added fruit or red or purple dye</li> <li>• Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts</li> </ul>	<b>NO:</b> <ul style="list-style-type: none"> <li>• Coconut</li> <li>• Anything with seeds or nuts</li> <li>• Anything with added red or purple dye</li> <li>• Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts</li> </ul>
Drinks or beverages	<b>OK to eat:</b> <ul style="list-style-type: none"> <li>• Coffee</li> <li>• Tea</li> <li>• Hot chocolate or cocoa</li> <li>• Clear fruit drinks (no pulp)</li> <li>• Soda and other carbonated beverages</li> <li>• Ensure, Boost, or Enlive without added fiber</li> </ul>	<b>NO:</b> <ul style="list-style-type: none"> <li>• Fruit or vegetable juice with pulp</li> <li>• Beverages with red or purple dye</li> </ul>
Other	<b>OK to eat:</b> <ul style="list-style-type: none"> <li>• Sugar</li> <li>• Salt</li> <li>• Jelly</li> <li>• Honey</li> <li>• Syrup</li> <li>• Lemon juice</li> </ul>	<b>NO:</b> <ul style="list-style-type: none"> <li>• Coconut</li> <li>• Popcorn</li> <li>• Jam</li> <li>• Marmalade</li> <li>• Relishes</li> <li>• Pickles</li> <li>• Olives</li> <li>• Stone-ground mustard</li> </ul>