

Low Fiber Diet for Colonoscopy

Foods that are okay

White bread

White rice or noodles

Plain crackers and potato rolls

Skinless cooked potato

Skinless chicken or turkey

Fish and other sea foods

Canned fruits without seeds or skin

Eggs

Vanilla wafers, Animal crackers

Items on the clear liquid diet

Foods that are not okay

Whole wheat bread or pasta

Brown or wild rice

Whole wheat crackers and Rolls

Raw or partially cooked vegetables

Tough meat or meat items with skin

Nuts, seeds, popcorn, and fruits

Milk or milk products

Cereals

Granola, Cornbread, Pumpernickel bread

Items on the high fiber diet

peanut butter