

Low fiber foods

A low fiber diet is important to eat one week prior to your test. When you eat low fiber foods, you will not have as much food waste that needs to go through your colon.

Foods you should eat

Foods you should not eat

Breads, cereal, rice, and pasta

White breads, rolls, biscuits, croissants,
Melba toast, waffles, French toast,
pancakes, plain cracker, Saltines
White rice, noodles, pasta, macaroni,
peeled potatoes
Cooked cereals: farina, cream of rice
Cold cereals: puffed rice, Rice Krispies,
Corn Flakes, Special K

Breads, rolls with nuts, seeds, or fruit
Whole wheat, pumpernickel, rye breads,
and cornbread
Potatoes with skin, brown or wild rice,
and kasha (buckwheat)

Vegetables

Tender cooked and canned vegetables
that do not have seeds
Carrots, asparagus tips, green or wax
beans, pumpkin, spinach, lima beans

Raw or steamed vegetables, lettuce,
salad fixings, vegetables with seeds,
sauerkraut, winter squash, peas, corn,
broccoli, Brussels sprouts, cabbage,
onions, cauliflower, baked beans

Fruits

Strained fruit juice
Canned fruit, except pineapple
Melons and ripe bananas

Prunes and prune juice
Raw or dried fruit
All berries, figs, dates, and raisins

Milk/dairy foods

Milk, plain or flavored
Yogurt, custard, ice cream
Cheese and cottage cheese

Yogurt with nuts or seeds

Meat, poultry (chicken, duck, turkey), fish, dry beans, and eggs

Ground, well-cooked tender beef, lamb,
ham, veal, pork, fish, poultry, organ meats
Eggs, peanut butter without nuts

Tough, fibrous meats with gristle
Dry beans, peas, and lentils
Peanut butter with nuts

Fats, snacks, sweets, condiments, and beverages

Margarine, butter, oils, mayonnaise,
sour cream, salad dressings, gravies
Sugar, clear jelly, honey, and syrup
Spices, cooked herbs, bouillon broth, and
soups made with allowed vegetables
Coffee, tea, and carbonated drinks
Plain cakes and cookies, pretzels
Gelation, plain puddings, custard, ice
cream, sherbet, popsicles, hard candy

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