

Low-fiber diet for colonoscopy preparation

Three days before your colonoscopy, eat only low-fiber foods listed below.
Two days before, continue eating only low-fiber foods.

[Print this chart](#) (PDF) for easy reference.

See the [clear liquid chart](#) for the day before, and day of, your colonoscopy.

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

TYPE OF FOOD OR DRINK	YES — OK TO EAT THESE FOODS	NO — AVOID THESE FOODS
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Vegetables



OK for some if cooked or canned:

- Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips)
- Potatoes without skin
- Cucumbers without seeds or peel

NO raw, skin, seeds, peel; or certain other vegetables:

- Corn
- Potatoes with skin
- Tomatoes
- Cucumbers with seeds and peel
- Cooked cabbage or Brussels sprouts
- Green peas
- Summer and winter squash
- Lima beans
- Onions

Nuts, nut butter, seeds



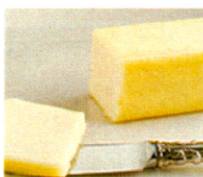
OK to eat:

- Creamy (smooth) peanut or almond butter

NO nuts or seeds:

- Nuts including peanuts, almonds, walnuts
- Chunky nut butter
- Seeds such as fennel, sesame, pumpkin, sunflower

Fats and oils



OK to eat:

- Butter
- Margarine
- Vegetable and other oils
- Mayonnaise
- Salad dressings made without seeds or nuts

NO salad dressing made with seeds or nuts

Soups



OK to eat:

- Broth, bouillon, consomme, and strained soups
- Milk or cream-based soup, strained

No:

- Unstrained soups
- Chili
- Lentil soup
- Dried bean soup
- Corn soup
- Pea soup

Desserts



OK to eat:

- Custard
- Plain pudding
- Ice cream
- Sherbet or sorbet
- Jell-O or gelatin without added fruit or red or purple dye
- Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts

NO:

- Coconut
- Anything with seeds or nuts
- Anything with added red or purple dye
- Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts

Drinks or beverages



OK to eat:

- Coffee
- Tea
- Hot chocolate or cocoa
- Clear fruit drinks (no pulp)
- Soda and other carbonated beverages
- Ensure, Boost, or Enlive without added fiber

NO:

- Fruit or vegetable juice with pulp
- Beverages with red or purple dye

TYPE OF FOOD OR DRINK

YES — OK TO EAT THESE FOODS

NO — AVOID THESE FOODS

Other

OK to eat:

NO:



- Sugar
- Salt
- Jelly
- Honey
- Syrup
- Lemon juice

- Coconut
- Popcorn
- Jam
- Marmalade
- Relishes
- Pickles
- Olives
- Stone-ground mustard

More resources

[Preparing for your colonoscopy.](#)