



Colonoscopy Low Fiber Diet

Below is a list of suggested low fiber foods when having a Colonoscopy

BREAKFAST:

- Creamy Nutella Spread
- Donuts
- Waffles
- Pancakes with maple syrup
- Creamy Peanut Butter
- Croissant
- White English muffin w/ an egg, cheese, bacon/sausage
- White Bagel w/ cream cheese & smoked salmon
- Yogurt (Maple, Vanilla, Coffee flavored)
- Hash Browns, Eggs, and White Toast
- Egg and Cheese Scramble
- Low Fiber Cereal

OTHER:

- Apple Sauce
- Lemonade (no pulp)
- Rice Krispies
- Popsicles (no red)
- Gummy Bears/Worms (no red)
- Jello (no red)
- Sherbert
- Soda Crackers
- Fruit Juice (no pulp)
- Vanilla Ice Cream
- Pudding
- Cottage Cheese

GLUTEN FREE DIET:

- Look for items w/ less than 2 grams of fiber per serving: including bread, pasta, waffles, pancakes, cold cereals, rice cakes, rice crackers, and cream of rice
- ***Any items listed under "Breakfast," "Meals," & "Other" that have gluten free items available***

MEALS:

- Tuna
- Pulled Pork Sandwich
- Chicken Noodle Soup (no veggies)
- Turkey Burger
- Quiche
- Mac & Cheese
- Cheese Ravioli
- Pierogis
- Ramen
- Lobster Bisque
- Prosciutto & Mozzarella Wrap/Sandwich
- Turkey, Mayo & Provolone Wrap/Sandwich
- White Rice
- Rotisserie Chicken & Cheese Wrap/Sandwich
- Burrito w/ Rice, Chicken/Steak/Pork, cheese, & Sour Cream
- Cooked Noodles
- Quesadilla w/ Chicken, Cheese, & Sour Cream
- Pasta Salad w/ Mayo, Milk, Parmesan Cheese & Chicken/Tuna
- Tofu, Creamy Peanut Butter, & White Noodles
- Tacos w/ Chicken/Steak/Pork
- Swedish Meatballs (plain)
- Grilled Cheese & plain potato chips
- Lobster Rolls
- Crab Cakes w/o veggies
- BBQ Chicken/Steak/Pork Sandwich
- Fries, Tater Tots,
- **SKINLESS** Potatoes, Mashed potatoes (no skins), Roasted Potatoes (no skins)
- Low Fat Meat