



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
- Toad in Hole
- White English muffin with an egg, cheese & bacon/sausage
- White bagel with cream cheese & smoked Salmon
- Yogurt (Maple, Vanilla, Coffee flavored)
- White bagel with creamy peanut butter
- Hash browns, eggs, and white toast
- Egg and cheese scramble
- Low fiber cereal

Meals:

- Tuna Melt
- Pulled pork sandwich
- Chicken noodle soup
- Turkey burger
- Quiche
- Mac and Cheese
- Cheese Ravioli
- Pierogies
- Gnocchi and prosciutto
- Ramen
- Fries or Tater Tots
- Mashed Potatoes
- White Rice
- Roasted Peeled Potatoes
- Burrito with rice, chicken/steak/pork, cheese, & sour cream
- Quesadilla with chicken, cheese, and sour cream
- Pasta salad with mayo, milk, parm cheese & chicken/tuna
- Tofu, creamy peanut butter and white noodles
- Tacos with chicken/pork/flank steak
- Swedish Meatballs and mashed potatoes
- Grilled Cheese and Potato Chips
- Lobster Rolls
- Crab cakes without veggies
- Shrimp cakes without veggies
- BBQ chicken/pork sandwich
- Lobster bisque
- Prosciutto & mozzarella wrap/sandwich
- Turkey, mayo & provolone wrap/sandwich
- Rotisserie chicken & cheese wrap/sandwich

Other:

- Apple Sauce
- Lemonade
- Rice Krispies
- Popsicles
- Sherbert
- Soda Crackers
- Canned vegetables
- Fruit Juice
- Horchata
- Vanilla Ice Cream
- Pudding
- Cottage cheese & canned peaches
- Canned fruit