

# Low Fiber Diet for Colonoscopy

<b>Foods that are okay</b>	<b>Foods that are not okay</b>
<b>White bread</b>	<b>Whole wheat bread or pasta</b>
<b>White rice or noodles</b>	<b>Brown or wild rice</b>
<b>Plain crackers and potato rolls</b>	<b>Whole wheat crackers and Rolls</b>
<b>Skinless cooked potato</b>	<b>Raw or partially cooked vegetables</b>
<b>Skinless chicken or turkey</b>	<b>Tough meat or meat items with skin</b>
<b>Fish and other sea foods</b>	<b>Nuts, seeds, popcorn, and fruits</b>
<b>Canned fruits without seeds or skin</b>	<b>Milk or milk products</b>
<b>Eggs</b>	<b>Cereals</b>
<b>Vanilla wafers, Animal crackers</b>	<b>Granola, Cornbread, Pumpernickel bread</b>
<b>Items on the clear liquid diet</b>	<b>Items on the high fiber diet</b>