

## DIGESTIVE DISEASE & ENDOSCOPY CENTER, PLLC

Tower Medical Center 3261 MT. Vintage Way, Ste. 221, Silverdale, WA 98383 Phone: (360) 479-1952

[DDECenter.com](http://DDECenter.com)

### LOW FIBER DIET FOOD LIST

A successful colonoscopy starts with good preparation to help decrease the chances of cancelling and rescheduling your colonoscopy, you will be asked to eat a low fiber diet starting 7 days (one week prior) to your procedure.

To help you we have listed examples of the diet you should adhere to.

APPROVED LIST (Fruits & Vegetables– Peeled and Deseeded)	DO NOT EAT
Almond Butter	Any foods containing Whole Wheat
Almond Milk	Beans/Lentils
Apples	Blackberries
Avocado	Blueberries
Cantaloupe	Broccoli
Carrots	Cauliflower
Chicken, Pork, Beef	Corn
Couscous	Dried Fruit
Cream of Wheat	Green beans
Creamy Peanut Butter	Kale
Eggplant	Multigrain Breads
Fish	Nuts
Flour Tortillas	Oatmeal
Garlic	Olives
Grapefruit	Pickles
Hummus	Popcorn
Muffins	Quinoa
Mushrooms	Raspberries
Onions	Salads
Oranges	Seeds
Pancakes	Soy beans
Pastries (Without Fruit/Jellies)	Spinach
Peaches	Strawberries
Pears	Sweet Potatoes
Potatoes	Tomatoes
Rice Noodles	Wheat Crackers
Shredded Coconut	Whole Wheat Breads
Squash	Whole Wheat Pastas
Tofu	
Watermelon	
White bread	
White Pasta	
White Rice	
Zucchini	