

LOW-FIBRE DIET FOR YOUR COLONOSCOPY

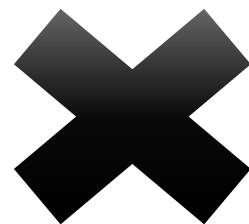
Definition: Fibre is the part of fruits, vegetables and grains not digested by your body. A low-fibre diet restricts these foods.

LOW-FIBRE FOODS - THESE ARE ALLOWED

- White bread / toast
- White pasta
- White rice
- Refined ready to eat cereals eg rice krispies
- Pancakes or waffles made with refined white flour
- Eggs
- Well-cooked canned or fresh vegetables (see allowed list)
- White potatoes without the skin
- Fats like olive oil, mayonnaise, gravy, and butter
- Milk and foods made from milk — such as yogurt, pudding, ice cream, cheeses and sour cream — if tolerated
- Chocolate, cake , scones (not wholemeal) pretzels
- Tender protein sources like eggs, tofu, chicken, and fish
- Fruit and vegetable juice with no pulp, fruit-flavoured drinks, and flavoured waters

FOODS YOU SHOULD AVOID

- *Onions and garlic*
- *Potatoes with skin on*
- *Bran*
- *Cruciferous vegetables, corn*
- *Beans, lentils, legumes*
- *Coconut*
- *Popcorn*
- *Dried fruits, nuts, and seeds and any food containing them*
- *Whole grain foods*
- *Fruit with seeds, skin or membranes*
- *Raw or undercooked vegetables*
- *Brown or wild rice and other whole grains, such as oats, kasha, barley and quinoa*
- *Anything spicy, fried, or tough*
- *Processed or tough meat*



EXAMPLES OF LOW FIBRE VEGETABLES

Only eat well-cooked or canned vegetables without seeds or skins

Choose from these vegetables only and have only ½ cup of veg

- Carrots
- Beets
- Asparagus tips
- White potatoes without skin
- Green beans
- Lettuce
- Acorn squash without seeds
- Pureed spinach
- Strained vegetable juice

EXAMPLES OF LOW-FIBRE FRUITS (no skin, no seeds)

- Strained fruit juices without pulp
- Canned fruit
- Bananas
- Cantaloupe
- Honeydew melon
- Watermelon (don't eat the seeds)
- Nectarines, peaches, plums without skin (don't eat the skin or pip)
- Papayas

SUBSTANTIAL FLUID DIET

Suggestions include:

- Scrambled eggs
- Pureed low fibre vegetable soup
- Pureed/blitzed Smoothies (use skim milk and any low fibre fruits/veg)

Examples: (can purchase from supermarket)

Campbells bone broth

Kellogs nutri-grain protein squeeze

Protein drink – Sanatarium Up & Go

Icey pole

Protein water eg bodiez protein water