

LOW-RESIDUE DIET

TYPE OF FOOD	YES: OK TO EAT	NO: AVOID THESE FOODS
MILK & DAIRY	Milk, cream, hot chocolate, buttermilk, cheese, yogurt, sour cream; custard, plain pudding, ice cream	Yogurt mixed with nuts, seeds, granola, chia, fruits with skin or seeds (like berries)
BREAD & GRAINS	Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta); White rice; Plain crackers, such as Saltines; Low-fiber cereal (including puffed rice, cream of wheat, corn flakes)	Brown or wild rice; Whole grain bread, rolls, pasta, or crackers; Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal); Bread or cereal with nuts or seeds; Quinoa
MEAT & ALTERNATIVES	Chicken, Turkey, Lamb, Lean pork, Ground beef, Veal, Fish and seafood, Eggs, Tofu	Tough meat with gristle; Steak; Tempeh
SOUPS & DRINKS	Broth, bouillon, consommé, strained soups Coffee, tea, soda, Ensure/Boost without added fiber	Chili, lentil soup, corn soup, pea soup, bean soup, unstrained soup Juice with pulp, drinks with red or purple dyes
LEGUMES	NONE	Dried peas, dried beans, lentils, other legumes
FRUITS	Fruit juice without pulp, applesauce, ripe honey dew melons/cantalope, ripe peeled apricots/peaches, canned or cooked fruit without skin or seeds	Raw fruit with seeds, skin, or membranes (includes berries, pineapple, apples, oranges, watermelon); any cooked or canned fruit with seeds or skin; Raisins or other dried fruit
VEGETABLES	Cooked or canned vegetables without skin or peels; potatoes without skins, cucumbers without seeds or peels	Corn, Potatoes with skin, Tomatoes, Cucumbers with seeds and peel; Cooked cabbage or Brussels sprouts; Green peas; Summer and winter squash; Lima beans; Onions
NUTS, FATS & TREATS	Creamy peanut butter, butter, oils, mayonnaise Jell-O without red or purple dyes Cookies/cake made with white flour and without seeds, nuts	Nothing with nuts or seeds; Coconut; Popcorn, Jam/jelly, Relishes, Pickles, Olives, Stone-ground mustard

CLEAR LIQUID DIET

Clear, non-fat broth or stock	Clear nutritional drinks	Pulp-free, dairy-free frozen ice pops	Pulp-free apple juice
Coffee without milk/non-dairy creamer	Sports drinks	Water	Pulp-free lemonade
Tea without milk/non-dairy creamer	Clear soda (do not mix with MiraLAX)	White grape juice	Jell-O

CLEAR LIQUIDS ARE “SEE-THROUGH”: THEY HAVE NO PULP, NO FIBER, NO FAT, AND NO SIGNIFICANT PROTEIN. PLEASE AVOID RED/PINK/PURPLE LIQUIDS. IF A LIQUID IS NOT ON THIS LIST, PLEASE DO NOT CONSUME IT WHILE DOING YOUR COLONOSCOPY BOWEL PREP.