



inSite Digestive Healthcare

### RESTRICTED FIBER (ROUGHAGE) DIET

Designed for people having colonoscopy who should have very little roughage for several days before the day of the actual bowel PREP. The lists below are general principles and if specific foods don't seem to you that they are in the right list, please ask questions.

Type of food	Amount	Food included	Food excluded
		<b>OK</b>	<b>None or very little unless says OK</b>
<b>Milk</b>	as desired	Whole milk, skim milk, soy, rice milks Buttermilk or coconut milk (if tolerated)	OK
<b>Other beverages</b>	as desired	Coffee, tea, sodas	OK
<b>Soup</b>	as desired	Strained or from allowed ingredients	OK
<b>Meat, poultry, fish</b>	6 oz or more	Tender or ground beef, pork, veal, lamb, chicken, turkey, liver, bacon. Lean boneless fish, canned salmon or tuna. Meats and fish should be baked, boiled, broiled, roasted or used in cream mixtures. Serve meat and fish without spicy gravy.	<b>Caution:</b> Pork mixtures, bacon, hotdogs, bologna, sausage, luncheon meats. Smoked, cured, canned, preserved meats or fish. Clams, oysters, shrimp, lobster has fibrous substances.
<b>Cheeses, eggs</b>	as desired		
<b>Potato or substitute</b>	2 svg	White potato (no skin), boiled, baked, creamed mashed, scalloped, au gratin. Pureed sweet potato. Plain pasta, noodles, spaghetti, white rice (with mild cheese sauce, cream or butter)	Potato skin
<b>Bread</b>	4 svg	Plain muffins, pancakes, waffles, flour Flour tortilla. Fresh or toasted enriched white, light rye bread or rolls without seeds. Saltines, soda crackers melba toast, milk toast Light wholewheat bread	Corn chips, muffins with nuts, cracked wheat, dark rye, whole wheat crackers, graham crackers. All others not listed as OK.

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-2- Low roughage diet

**OK**

**NONE OR VERY LITTLE**

**Cereal** 1 svg Cooked refined corn, rice & wheat cereals; hominy grits, farina, corn flakes, Ralston, Maltex, Strained oatmeal, rolled wheat, Rice Krispies, puffed rice, corn flakes

Whole-grain cereal, Bran Flakes, Wheat Chex, other cereal not listed as ok Shredded wheat, Grape-nut cereal

**Vegetables** 2 svg Asparagus tips cooked well/soft/puree  
Beans—green, cooked  
Cauliflower, raw or cooked  
Cucumber raw, peeled no seeds  
Kale cooked  
Potato, mashed/instant  
Lettuce raw; radish  
Spinach: soft leaves no stem  
Tomato no skin; if cooked no seeds

Broccoli raw or cooked  
Brussels sprout raw, cooked  
Cabbage raw, cooked  
Carrots; corn; eggplant;  
Peas in all forms  
Rice brown/wild, cooked  
Squash, zucchini, yams  
Celery, green peppers,  
Tomato skins, seeds  
Onion

**Fruit** 3 svg Cooked canned baked or stewed  
Fruits without skin or seeds  
Peeled apricot, peach, pear  
Banana up to 1 daily

Raw fruit except “OK”  
Fruit with seeds, skins  
Raisins, dates, figs,  
canned plums, berries,  
fruit cocktail, pineapple,  
Strawberries, apples, grapes  
Juice with pulp; prune juice

**Fruit juice** 2 svg Apple without skin, apricot, pear, peach nectar  
Strained fruit juice

**Butter or fat** 3 svg Butter, margarine, smooth peanut butter  
Salad dressing with allowed foods  
Cream, avocado, gravy

Any fatty food if not tolerated  
Nuts, olives, coconut  
Caution with guacamole (no onion, low spice)

**Dessert** 1 svg Cookies like arrowroot, plain sugar, Vanilla wafer. Plain custard, Ice cream without nuts or toffee, flavored gelatin, rennet dessert  
Plain puddings. Fruit juice sponges  
Snows, whips, Spanish cream, Bavarian cream. Sherbet.  
Plain cakes: angel food, sponge, plain white, yellow, poundcake; ladyfingers, Twinkies

Tarts, fruit pies, pastry  
Cakes or puddings if no fruit, nuts, raisin, seeds or coconut. Granola bars, most “Power bars”  
Others not listed as OK or if seem too rich/fatty

Credit: Renee Klang, M.S. Consulting Nutritionist Pasadena CA

