

# GI Associates

OF NEW HAMPSHIRE

A Collaborative Practice Between  
CONCORD GASTROENTEROLOGY, P.A.  
DARTMOUTH-HITCHCOCK

## **LOW FIBER DIET**

**A Low Fiber Diet includes foods that are easy to digest and do not leave residue in your colon while you are preparing for your colonoscopy.**

### **LOW FIBER FOODS INCLUDE:**

- Enriched white bread (**NO** whole wheat, whole grain, oat or multigrain)
- White rice or plain white enriched pasta or noodles
- Cereals with no more than 1 gram of dietary fiber per serving
- Canned fruits without skins, seeds or membranes (examples: canned peaches, pears or fruit cocktail are okay)
- Canned soups **without** corn or peas (examples: chicken noodle or tomato soup are okay)
- Eggs
- Well Cooked Turkey, Chicken, or Fish
- Juices without pulp
- Condiments (plain yellow non-grainy mustard, mayonnaise, ketchup)
- Small amounts margarine, butter or oil for cooking

### **DO NOT USE:**

- Whole Wheat, Whole Grain, Oats, or Multigrain bread and other products
- Brown or wild rice
- Raw or dried fruits and vegetables
- Dried beans, baked beans, peas or corn
- Flax or any food products containing flax, nuts or seeds
- Popcorn or any snack food containing corn, nuts or seeds