

Food List

For the best results and to prevent the need to cancel or reschedule your colonoscopy, please adhere to the following food list seven days prior to you procedure.

Seven (7) day diet restrictions prior to procedure

STOP	OKAY APPROVED
<ul style="list-style-type: none"> • Oranges • Nuts • Popcorn • Seeds • Green beans • Olives • Strawberries • Raspberries • Blueberries • Oatmeal • Wheat Crackers • Multigrain Bread • Whole wheat bread • Whole wheat pasta • Dried fruit • Kale • Quinoa • Sweet Potatoes • Spinach • Any foods containing whole wheat • All beans including lentils • Broccoli • Cauliflower • Tomatoes • Green salads • Bokchoy • Soy beans • Corn • Pickles 	<p style="text-align: center; margin: 0;">OKAY/APPROVED:</p> <ul style="list-style-type: none"> Meats (chicken, pork, beef) Fish Mushrooms Tofu Flour tortillas Milk Almond milk Nut milk Ice cream Cheese Dairy White bread Rice noodles (white and clear) Noodles Yogurt – please avoid fruits with skin and seeds Pasta with cream sauce Eggs Pancakes Muffins Pastries White rice (no brown rice) Avocado Hummus Creamy peanut butter Almond Butter Couscous Shredded Coconut Seitan Chocolate (without nuts) ❖ FRUITS- <i>(peeled and deseeded for all)</i> <ul style="list-style-type: none"> ➤ Apples ➤ Peaches ➤ Pear ➤ Banana ➤ Grapes ➤ Grapefruit ➤ Cantaloupe ➤ Watermelon ❖ VEGETABLES- <i>(peeled and deseeded for all)</i> <ul style="list-style-type: none"> ➤ Carrots ➤ Potatoes ➤ Cucumber ➤ Squash ➤ Eggplant ➤ Zucchini ➤ Squash ➤ Herbs (basil/oregano) ➤ Beets ➤ Onions & garlic (cooked well).