



## LOW FIBER VEGAN COLONOSCOPY DIET

### RECOMMENDED FOODS

#### PROTEINS

- Tofu
- *Smooth* nut butters
- Coconut, almond, cashew or oat milk or yogurt
- **High Protein Pre-Made Shakes:** OWYN, EVOLVE, ORGAIN

#### GRAINS

- Cream of wheat
- Baked goods made with refined wheat or rye flour such as white or sourdough bread, pancakes, waffles, bagels, saltines and graham crackers
- White pasta, white rice
- Rice cereals

***All grains should have less than 2 grams of fiber per serving.***

#### VEGETABLES

- Canned or well-cooked carrots or green beans, cooked until very soft
- Cooked zucchini or squash with *seeds and skin removed*
- Mashed potatoes with *peeled potatoes*
- Plain tomato or marinara sauce with pureed tomatoes, *no skins*
- Cucumbers with *seeds and peels removed*

***Remove all skins, seeds, stems prior to cooking***

#### FRUITS

- Canned peaches or pears
- Applesauce
- Honeydew, mango, cantaloupe (ripe), banana (ripe)
- Small portions of avocado (0.25) per serving
- Fruit juice *with no pulp. No red or purple juice.*
- Fruit smoothies that contain *no seeds or skins*

#### FATS & CONDIMENTS

- Oils and salad dressings *without seeds*
- Soy sauce, vegan mayo
- Mustard, ketchup

#### SWEETS

- Creamy ice cream made with coconut, oat or cashew milk
- Sugar, syrup, plain jelly ***with no seeds!***
- Hard candy, sherbet, popsicles

### FOODS NOT RECOMMENDED

#### GRAINS

- Whole wheat bread, brown rice, whole wheat pasta, whole grain or high fiber cereals, oatmeal, quinoa, bulgur, barley, granola, shredded wheat
- Any grain made with seeds or nuts
- Popcorn

#### VEGETABLES

- Raw vegetables
- Dried beans, baked beans, lima beans, peas, lentils
- Cooked vegetables with skins or seeds
- Corn, peas

#### FRUIT

- Any fruit with seeds, skins or pith
- Dried fruit, coconut
- Red or purple juice or any fruit juice *with pulp*

#### PROTEIN

- Raw nuts
- Nut butter with nuts
- Any meat substitute or lunch meat that is chewy or in a casing



## MEAL IDEAS

### BREAKFAST

- Cornflakes with oat milk
- Mango Smoothie with 1 cup frozen mango chunks and half cup of unsweetened oat milk plus 1 scoop of ORGAIN vegan protein powder
- White toast with natural creamy peanut butter, jelly *with no seeds*
- White toast with 0.25 mashed avocado

### SNACK

- High Protein Shake: OWYN, EVOLVE or ORGAIN

### LUNCH

- Tomato soup
- Grilled cheese sandwich on white bread with vegan cheese
- Applesauce

### DINNER

- Potato and white rice soup with tofu in vegetable broth
- White pasta with plain marinara sauce and vegan cheese
- Mashed potatoes with vegan butter and cooked & peeled carrots
- Stir fry with *white* rice with peeled and cooked carrots, tofu, well-cooked green beans, zucchini with no seeds or peels, soy sauce