







**3 DAYS PRIOR TO BOWEL PREP
 PLEASE FOLLOW THESE DO'S AND DON'TS**

TYPE OF FOOD OR DRINK	YES – OK TO EAT THESE FOODS	NO – AVOID THESE FOODS
<p>Milk and dairy</p> 	<p>OK to eat: Milk, Cream Hot chocolate Buttermilk Cheese, including cottage cheese Yogurt, Sour cream</p>	<p>NO yogurt mixed with: Nuts, seeds, granola Fruit with skin or seeds (such as berries)</p>
<p>Bread and grains</p> 	<p>OK to eat: 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)</p>	<p>NO whole grains or high-fiber: 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</p>
<p>Meat</p> 	<p>OK to eat: Chicken, Turkey, Lamb Lean pork, Veal Fish and seafood Eggs Tofu</p>	<p>NO tough meat with gristle</p>
<p>Legumes</p> 	<p>None allowed</p>	<p>NO: Dried peas (including split or black-eyed) Dried beans (including kidney, pinto, garbanzo/chickpea) Lentils Any other legume</p>
<p>Fruits</p> 	<p>OK to eat: Fruit juice without pulp Applesauce Ripe cantaloupe and honeydew Ripe, peeled apricots and peaches Canned or cooked fruit without seeds or skin</p>	<p>NO seeds, skin, membranes or dried fruit: 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</p>
<p>Vegetables</p> 	<p>OK for some if cooked or canned: Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips) Potatoes without skin Cucumbers without seeds or peel</p>	<p>NO raw, skin, seeds, peel; or certain other vegetables: Corn, Potatoes with skin Tomatoes Cucumbers with seeds and peel Cooked cabbage or Brussels sprouts Green peas, Summer and winter squash, Lima beans, Onions</p>

TYPE OF FOOD OR DRINK

YES — OK TO EAT THESE FOODS

NO — AVOID THESE FOODS

Nuts, nut butter, seeds



OK to eat:
Creamy (smooth) peanut or almond butter

NO nuts or seeds:
Nuts including peanuts, almonds, walnuts
Chunky nut butter
Seeds such as fennel, sesame, pumpkin, sunflower

Fats and oils



OK to eat:
Butter, Margarine
Vegetable and other oils
Mayonnaise
Salad dressings made without seeds or nuts

NO salad dressing made with seeds or nuts

Soups



OK to eat:
Broth, bouillon, consomme, and strained soups
Milk or cream-based soup, strained

NO:
Unstrained soups
Chili, Lentil soup
Dried bean soup
Corn soup, Pea soup

Desserts



OK to eat:
Custard, Plain pudding
Ice cream, sherbet or sorbet
Jell-O or gelatin without added fruit or red or purple dye
Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts

NO:
Coconut
Anything with seeds or nuts
Anything with added red or purple dye
Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts

Drinks or beverages



OK to eat:
Coffee
Tea
Hot chocolate or cocoa
Clear fruit drinks (no pulp)
Soda and other carbonated beverages
Ensure, Boost, or Enlive without added fiber

NO:
Fruit or vegetable juice with pulp
Beverages with red or purple dye

Other



OK to eat:
Sugar
Salt
Jelly
Honey
Syrup
Lemon juice

NO:
Coconut
Popcorn
Jam
Marmalade
Relishes
Pickles
Olives
Stone-ground mustard