

## Low Fiber Diet

Food Group	Foods Allowed	Foods to Avoid
Beverages	Milk, cream, coffee, soda (diet or regular), tea, juice, water, sports drinks, and energy drinks	NONE
Breads/Rice/Pasta	White bread/rolls, bagels, muffins, crackers, pasta, white rice, cream of wheat	Oatmeal, whole wheat or whole grain, bran
Meat	Well Cooked: beef, chicken, fish, lamb or pork	NONE
Fruits and Vegetables	Canned or cooked only potatoes without skin	Raw fruits Raw vegetables
Other	Eggs, yogurt, sour cream, cottage cheese, cheese, smooth peanut butter	Nuts, seeds, popcorn

## Full Liquid Diet

Food Group	Foods Allowed	Foods to Avoid
Beverages	Tea, soda (diet or regular), fruit flavored drinks, sports drinks, water and energy drinks (NOTHING in RED or PURPLE colors)	Non-strained juice
Other	Cream of Wheat, creamed soups, pudding, yogurt, and milkshakes	Yogurt with fruit Milkshakes with fruit

## Clear Liquid Diet

Food Group	Foods Allowed	Foods to Avoid
Milk and Beverages	Tea, soda (diet or regular), fruit flavored drinks, sports drinks, water and energy drinks (NOTHING in RED or PURPLE colors)	Any milk products
Fruit Juices	Apple, white grape, lemonade, Orange (Without pulp and NO RED or PURPLE colors)	Non-strained juices
Broth/Stock/Bouillon	Chicken, vegetable, and beef broth	Any solid food such as soup or
Jell-O/Popsicles	All Jell-O and popsicles that have no cream or fruit (NOTHING in RED or PURPLE colors)	Fruit filled Jell-O and cream/fruit popsicles