

Complementary Diet Sheet for Bowel Preparation

Food group	Foods allowed...	Foods to avoid...
Milk and dairy	<ul style="list-style-type: none"> • Cow's milk (Drops ONLY in tea/coffee) • Cheese (including plain cottage cheese) 	<ul style="list-style-type: none"> • Yogurt - plain/natural • Butter
Beverages	<ul style="list-style-type: none"> • Coffee and Tea (Drops of Cow's milk ONLY) • Clear fruit drinks (no pulp) • Water (Tap, Bottled, Coconut) • Clear Soups (broth, bouillon, consommé, and strained soups) 	<ul style="list-style-type: none"> • Carbonated beverages • Nutritional supplements without added fibre, such as Ensure, Boost or Enlive
Breads, cereals and starches	<ul style="list-style-type: none"> • Breads and grains made with refined white flour (including rolls, bagels, muffins, pitta bread, plain naan, chapati, paratha) • White rice 	<ul style="list-style-type: none"> • Low-fibre cereal (including puffed rice, cornflakes, rice krispies, frosties, coco pops) DRY • Plain crackers such as Jacobs • White pasta
Fruits	<ul style="list-style-type: none"> • Canned or cooked fruit without skins or seeds (peaches, pears, apricots, apples) • Applesauce 	<ul style="list-style-type: none"> • Fruit juice without pulp • Ripe cantaloupe and honeydew • Ripe, peeled apricots and peaches
Vegetables	<ul style="list-style-type: none"> • Potato and potato chips – no skin (boiled, mashed, baked) • Sweet potato – no skin (boiled, mashed, baked) • Pumpkin squash – no skin (boiled, mashed, baked) • Cauliflower/asparagus – tips only 	<ul style="list-style-type: none"> • All raw vegetables, such as lettuce, onion, celery, cucumber, mushrooms, scallions, etc. • Vegetables with seeds • Beetroot • Potato skins
Meat and meat substitutes	<ul style="list-style-type: none"> • White fish – no skin • Chicken - no skin • Turkey – no skin • Shellfish 	<ul style="list-style-type: none"> • Tofu • Eggs
Desserts	<ul style="list-style-type: none"> • Plain sponge pudding • Sherbet or sorbet • boiled sweets/ jelly babies/ mints 	<ul style="list-style-type: none"> • Rich Tea biscuits • Plain sponge cake/ madeira cake • Jelly (not red colour)
Miscellaneous	<ul style="list-style-type: none"> • Salt, sugar, ground or flaked herbs and spices • Vinegar • Lemon Juice • Lemon sorbet • Olive oil 	<ul style="list-style-type: none"> • Honey, syrup • Margarine • Mayonnaise, salad cream • Vegetable and other oils • lemon curd • gravy (using stock cubes and white/cornflour to thicken)