

## ENDOSCOPY 3-DAY LOW FIBRE DIETARY ADVICE

| <b>Foods Allowed</b> ✓   | <b>Foods to Avoid</b> X   |
|--|---|
| White bread and bread products   | Wholemeal<br>Granary<br>brown and high fibre white breads   |
| Cereals - Rice Crispies<br>Cornflakes<br>Special K style cereal            | Cereals – Weetabix<br>Shredded wheat<br>Bran<br>Flakes<br>Porridge Oats<br>Muesli<br>Fruit & Fibre style cereal |
| White rice and white pasta   | Whole wheat pasta, Brown Rice   |
| Plain biscuits- rich tea   | Crisps, nuts, cereal bars   |
| Peeled potatoes  | Potato skins  |
| Low fat yogurt without fruit pieces  | Full fat yogurt<br>Ice-cream<br>Full fat milk<br>Cream<br>Condensed and evaporated milk                         |
| White meat - Chicken, Turkey<br>no skin to be eaten                        | Fatty meat – Lamb, Belly Pork, Fatty Bacon<br>Goose<br>Duck<br>Sausages<br>Burgers<br>Pate<br>Salami            |
| Fish - Cod, Plaice, Trout, Smoked<br>Haddock, Salmon, tinned Tuna in brine | Fried fish<br>Fish tinned in oil<br>Fatty fish<br>e.g., Herrings, Kippers, Mackerel, Sardines,<br>Pilchards     |
| Eggs   | All fruit including dried fruit and vegetables  |
| Boiled sweets, Fruit Gums, Pastilles                                       | Chocolate and sweets containing fruit and<br>nuts   |
| Seedless Jam<br>Honey<br>Sugar<br>Treacle syrup                            | Lemon curd and jams containing pips and<br>peel,<br>Marmalade<br>Chutney<br>Pickles                             |
| Strained stock<br>Stock cubes<br>Marmite<br>Bovril                         |   |