## **Complementary Diet Sheet for Bowel Preparation**

Food group	Foods allowed		Foods to avoid	
Milk and dairy	Cow's milk (Drops ONLY in tea/coffee)     Cheese (including plain cottage cheese)	• Yogurt - plain/natural • Butter	No yogurt mixed with: Nuts, seeds, granola, fruit with skin or seeds (such as berries)	<ul> <li>Any milk products if you are lactose intolerant (soya, almond, etc.)</li> <li>Cream</li> </ul>
Beverages	<ul> <li>Coffee and Tea (Drops of Cow's milk ONLY)</li> <li>Clear fruit drinks (no pulp)</li> <li>Water (Tap, Bottled, Coconut)</li> <li>Clear Soups (broth, bouillon, consommé, and strained soups)</li> </ul>	<ul> <li>Carbonated beverages</li> <li>Nutritional supplements without added fibre, such as Ensure, Boost or Enlive</li> </ul>	<ul> <li>Fruit or vegetable Juice with pulp or seeds</li> <li>Beverages with red or purple dye</li> <li>Unstrained soups</li> <li>Lentil/ dal soup</li> <li>Chunky vegetable</li> </ul>	<ul> <li>Tomato or V8 juice</li> <li>Nutritional supplements that contain fibre</li> <li>Dried bean soup</li> <li>Corn or Pea Soup</li> </ul>
Breads, cereals and starches	<ul> <li>Breads and grains made with refined white flour (including rolls, bagels, muffins, pitta bread, plain naan, chapati, paratha)</li> <li>White rice</li> </ul>	<ul> <li>Low-fibre cereal (including puffed rice, cornflakes, rice krispies, frosties, coco pops) <b>DRY</b></li> <li>Plain crackers such as Jacobs</li> <li>White pasta</li> </ul>	<ul> <li>High fibre white bread</li> <li>Whole grain breads, rolls, crackers and pasta</li> <li>Any bread, cereal, cracker, or pasta made with seeds, nuts, coconut, or raw or dried fruit</li> <li>Porridge. Muesli, Weetabix, Shredded Wheat</li> </ul>	<ul> <li>Brown or wild rice</li> <li>Whole grain or high-fibre cereal (including, oatmeal, granola, raisin, bran)</li> <li>Wheat germ</li> <li>Quinoa</li> </ul>
Fruits	Canned or cooked fruit without skins or seeds (peaches, pears, apricots, apples)     Applesauce	<ul> <li>Fruit juice without pulp</li> <li>Ripe cantaloupe and honeydew</li> <li>Ripe, peeled apricots and peaches</li> </ul>	NO seeds, skin, membranes: or dried fruit: • Raw fruit with seeds, skin or membranes (including berries, pineapple, banana, apples, oranges and watermelon).	<ul> <li>Raisins or other dried fruit</li> <li>Canned pineapple, oranges, grapefruit sections, mixed fruit</li> </ul>
Vegetables	<ul> <li>Potato and potato chips – no skin (boiled, mashed, baked)</li> <li>Sweet potato – no skin (boiled, mashed, baked)</li> <li>Pumpkin squash – no skin (boiled, mashed, baked)</li> <li>Cauliflower/asparagus – tips only</li> </ul>		<ul> <li>All raw vegetables, such as lettuce, onion, celery, cucumber, mushrooms, scallions, etc.</li> <li>Vegetables with seeds</li> <li>Beetroot</li> <li>Potato skins</li> </ul>	• Tough, fibrous cooked vegetables such as: artichokes, asparagus, broad beans, broccoli and cauliflower, Brussel sprouts, celery, cucumber, eggplant, mushrooms, onions, peas (green peas), sauerkraut and cabbage, spinach, sweetcorn, tomatoes, zucchini summer squash, winter squash
Meat and meat substitutes	<ul> <li>White fish – no skin</li> <li>Chicken - no skin</li> <li>Turkey – no skin</li> <li>Shellfish</li> </ul>	• Tofu • Eggs	Red Meat     No tough meat with gristle     Pink Fish     Salami, cold cuts     burgers, sausages	<ul> <li>Meat substitutes made with whole grains, nuts, or seeds</li> <li>Dried beans, peas, lentils, chickpea</li> <li>Any other legume</li> <li>Quorn</li> </ul>
Desserts	<ul> <li>Plain sponge pudding</li> <li>Sherbet or sorbet</li> <li>boiled sweets/ jelly babies/ mints</li> </ul>	<ul> <li>Rich Tea biscuits</li> <li>Plain sponge cake/ madeira cake</li> <li>Jelly (not red colour)</li> </ul>	<ul> <li>Anything with added red or purple dye</li> <li>Cookies or cakes made with whole grain flour, seeds, dried fruit or nuts</li> <li>Chocolate</li> </ul>	<ul> <li>Coconut</li> <li>Digestive/ Hobnob biscuits</li> <li>Fruit cake/ Muesli bars</li> </ul>
Miscellaneous	<ul> <li>Salt, sugar, ground or flaked herbs and spices</li> <li>Vinegar</li> <li>Lemon Juice</li> <li>Lemon sorbet</li> <li>Olive oil</li> </ul>	<ul> <li>Honey, syrup</li> <li>Margarine</li> <li>Mayonnaise, salad cream</li> <li>Vegetable and other oils</li> <li>lemon curd</li> <li>gravy (using stock cubes and white/ cornflour to thicken)</li> </ul>	Ketchup     Pepper     Seed spices     Seeds and nuts     Pulses     Chia seeds	<ul> <li>Popcorn</li> <li>Jams or preserves</li> <li>Pickles and olives</li> <li>Hummus/ Nuts</li> <li>Baked beans</li> <li>Sweetcorn</li> </ul>