

## ENDOSCOPY DEPARTMENT LOW FIBRE DIETARY ADVICE

### FOOD INFORMATION

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

### DRINK INFORMATION

<b>Drinks allowed</b>	<b>Drinks to avoid</b>
Tea and Coffee	Full fat chocolate drinks
Oxo, Bovril	Full fat cocoa
Fruit juice	Vegetable juices
Skimmed milk, Semi-skimmed milk	Full Fat Milk
<b>Clear fluids are liquids you can see through</b>	
Water, Rehydration drinks, Clear fruit squash, Clear broth Weak tea - no milk	