










Vegan Low Fibre Diet Suggestions


TYPE OF FOOD OR DRINK		YES OK TO EAT THESE FOODS	NO AVOID THESE FOODS
Bread & grains		<p>Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta)</p> <p>White rice, pasta, noodles and risotto</p> <p>rice, couscous, polenta, semolina & tapioca</p> <p>Plain crackers</p> <p>Low-fibre cereal (including puffed rice, cream of wheat, cornflakes)</p>	<p>NO whole grains or high-fibre:</p> <p>Brown or wild rice</p> <p>Whole grain bread, rolls, pasta, or crackers</p> <p>Whole grain or high-fibre cereal (including granola, raisin bran, oatmeal)</p> <p>Bread or cereal with nuts or seeds</p> <p>Quinoa, bulgur or barley</p>
Protein		<p>Tofu- silken, marinated, smoked</p> <p>Pea protein</p> <p>Tempeh</p> <p>Non-dairy vegan cheese</p> <p>Non -dairy milk alternative (soy, almond, rice, oat)</p> <p>Textured vegetable protein</p> <p>Mycoprotein</p> <p>Vegan yogurt</p> <p>Creamy (smooth) peanut or almond butter</p>	<p>Legumes, including dried peas (including split or black-eyed), dried beans (including kidney, pinto, garbanzo/ chickpea) and lentils.</p> <p>Nuts, including peanuts, almonds, walnuts and chunky nut butter</p> <p>Seeds, including fennel, sesame, pumpkin, sunflower.</p>
Vegetables		<p>OK for some if cooked or canned:</p> <p>Canned or cooked vegetables without skin or peel</p> <p>Peeled carrots/ turnips/ asparagus tips</p> <p>Potatoes without skin</p> <p>Cucumbers without seeds or peel</p> <p>Avocado (ripe)</p> <p>Tomatoes without seeds or skin</p> <p>*Limit intake to 2 portions of vegetables per day (1 portion = 3 heaped tablespoons)*</p>	<p>NO raw, skin, seeds, peel; or certain other vegetables:</p> <p>Corn</p> <p>Potatoes with skin</p> <p>Cucumbers with seeds and peel</p> <p>Cooked cabbage or Brussels sprouts</p> <p>Green peas</p> <p>Summer and winter squash</p> <p>Lima beans</p> <p>Onions</p> <p>Mushrooms</p>
Fruits		<p>Applesauce</p> <p>Ripe cantaloupe and honeydew</p> <p>Watermelon without seeds or rind</p> <p>Ripe, peeled apricots and peaches</p> <p>Canned or cooked fruit without seeds or skin</p> <p>*Limit intake to 2 portions of vegetables per day (1 portion = 1 piece of fruit or the equivalent of 1 handful)*</p>	<p>NO seeds, skin, membranes; or dried fruit:</p> <p>Raw fruit with seeds, skin, or membranes (includes berries, pineapple, apples, oranges, banana)</p> <p>Any cooked or canned fruit with seeds or skin</p> <p>Raisins or other dried fruit</p>
Fats & oils		<p>Vegetable and other oils</p> <p>Salad dressings made without seeds or nuts</p> <p>Vegan mayonnaise</p> <p>Vegan butter alternatives</p>	<p>Salad dressing made with seeds or nuts</p>
Soups		<p>Broth, bouillon, consommé, and strained soups</p>	<p>Unstrained soups</p> <p>Lentil / Dried bean /Corn / Pea soup</p>

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Desserts		Non-dairy custard/pudding Plain sponge pudding Vegan ice cream Sherbet or sorbet Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts	Coconut Anything with seeds or nuts Anything with added red or purple dye Cakes or desserts containing raisins, sultanas, currants or candied peel. Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts
Condiments/ Spreads		Yeast extract spread Honey Jam with no seeds Marmalade with no peel Smooth chutneys or pickles	Seeded jam Marmalade with peel Chutneys or pickle containing skins, peel or raisins.
Drinks or beverages		Coffee / Tea/ cocoa Clear fruit drinks (no pulp) Soda and other carbonated beverages Fruit juice without pulp Complan, Fortisip or Ensure without added fibre Non-dairy milkshakes	Fruit or vegetable juice with pulp Beverages with red or purple dye Smoothies containing fruit or vegetables

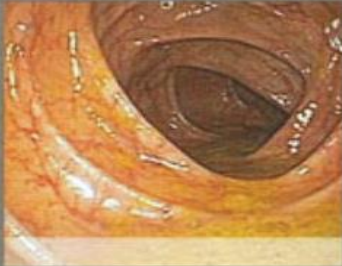
This dietary plan is only intended for short-term use for **5 days** prior to a procedure requiring bowel preparation. Following this plan longer term is likely to cause nutrient deficiency and should only be carried out with the support of a Registered Dietitian.

Once bowel preparation has commenced clear fluids should be drunk, clear fluids are liquids you can see through- water, rehydration drinks, clear fruit squash, clear broth, weak tea - **NO NON-DIARY MILK**


Excellent prep




Good prep



Fair prep




Poor prep




• Follow your doctor's directions to ensure your colon is as clean as possible


• A fair or poor prep can leave the colon dirty—making it difficult for your doctor to spot abnormal growths^{4,5}




Flat lesion



Depressed lesion



Polyp



Elevated lesion

If your bowel preparation is poor as shown above and your endoscopists is unable to exclude abnormalities, you will likely need a repeat procedure. For further advice contact: **Conquest Endoscopy Department-** 03001315297/ **EDGH Endoscopy Department-** 03001314595