

## **Appendix A: Choice of foods for low-residue breakfast**

### **Any baked goods made from refined flours (white flour) and allowed ingredients:**

Bagels, biscuits, bread, buns, white toast, crackers, croissants, muffins (i.e. banana, apple spice, chocolate), pancakes, rolls, waffles.

### **Low-fiber, cooked and prepared cereals such as:**

Cheerios®, Corn Flakes®, Rice Krispies®, Cream of Wheat®.

### **Fats:**

Butter or margarine, shortening, lard, cooking oils, mayonnaise, sesame butter (tahini)

### **Fruit:**

Apple sauce, ripe banana, seedless jam, canned fruit such as apricots, peaches, pears, mandarin oranges.

### **Drinks:**

Any clear fluid drink listed in your colonoscopy pamphlet (i.e. fruit juice without pulp, water, soft drinks, Gatorade (NOT RED), lemonade, coffee and tea with no milk (you may add sugar)).