

Item	Foods Allowed	Foods Not Allowed
Vegetables	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • All
Fruits	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • All
Salads	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • All
Grain Products	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • All
Milk & Alternatives	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • All
Meat & Alternatives	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • All
Soups	<ul style="list-style-type: none"> • Clear Broth, Bouillon, and Consommé soups 	<ul style="list-style-type: none"> • All except those in “Foods Allowed” section
Oils & Fats (Limit fat intake to 2 – 3 Tbsp. per day)	<ul style="list-style-type: none"> • None 	<ul style="list-style-type: none"> • All
Desserts & Sweets	<ul style="list-style-type: none"> • Honey • Plain Jell-O® • Ice Pops or popsicles without fruit or pulp 	<ul style="list-style-type: none"> • Jell-O® with chunks of fruit • All other desserts • Popsicles with fruit or pulp • Ice Cream • Sherbet
Fluids	<ul style="list-style-type: none"> • Water • Tea, coffee without cream • Apple juice • Pulp free orange juice • Cranberry juice • Pulp-free Pineapple juice • Strained lemonade • Fruit punch • Grape juice • Clear soft drinks ex. Sprite®, 7-up®, gingerale • Oral Nutrition Supplements : Examples: Boost Fruit Beverage, Ensure ®, Boost ® Thickened clear beverages 	<ul style="list-style-type: none"> • Fruit juice with pulp • Cream • Smoothies • Oral nutrition supplements with added fibre ex: ensure with fibre • Prune juice
Miscellaneous		<ul style="list-style-type: none"> • For colon exams, no foods or liquids with red food coloring • Pepper and spices

Notes:

- This diet should not be used alone for more than 24-48 hours because it does not meet Canada's Food Guide requirements. This diet is to be used for preparation for surgery or GI examinations/tests, or in acute gastrointestinal disturbances and as first oral fluids after surgery, if preferred by the client.

References:

- Dietitians of Canada - Practice Based Evidence in Nutrition (PEN)
- ERAS Recommendations 2013
- Dietitians Association of Australia Nutrition Manual 2014