

Colonoscopy Prep — Latin American Cuisine Guide

Low-Residue and Clear Liquid Adaptations for Latin American and Caribbean Foods

Your Colonoscopy Prep with Familiar Foods

Preparing for a colonoscopy does not mean giving up the flavors you love. This guide adapts the low-residue diet to Latin American and Caribbean food traditions.

Low-Residue Foods — Latin American Cuisine

Food Category	Allowed (Low-Residue)	Avoid (High-Residue)
Rice / Grains	White rice (arroz blanco), white flour tortillas, saltine crackers, white bread (pan blanco), plain pasta	Brown rice, whole wheat tortillas, corn tortillas (whole kernel), quinoa, whole grain bread, arepas with fillings
Proteins	Pollo hervido (boiled chicken), baked fish (pescado al horno), scrambled eggs (huevos revueltos), soft shredded chicken	Carne asada (tough cuts), chicharrones, chorizo, beans (frijoles), lentils, fried meats (carnitas)
Soups / Stews	Caldo de pollo (strained broth), consomme (clear), chicken broth with white rice (no vegetables)	Pozole, menudo, sancocho, sopa de frijoles, any soup with corn, beans, cabbage, or tough vegetables
Vegetables	Peeled soft-cooked chayote, peeled calabaza (squash), peeled potatoes (soft), soft-cooked peeled yuca	Nopales (cactus), corn, peppers, jicama, raw salad/pico, beans of any kind, plantain (ripe is OK if peeled)
Fruits	Ripe banana, melon, papaya (no seeds), canned peaches/pears, mango (ripe, no fiber strings)	Guava (seeds), passion fruit, prickly pear, coconut, dried fruit, any fruit with seeds or tough skin
Condiments	Salt, cumin, mild oregano, lime juice (strained), small amount of oil/butter	Salsa (tomato seeds), chili peppers, mole, achiote paste, sofrito with pepper/onion chunks

Sample Low-Residue Latin Meals

Breakfast: Scrambled eggs + white flour tortilla + ripe banana

Lunch: Arroz blanco + pollo hervido (boiled chicken) + soft peeled chayote

Snack: Plain yogurt + saltine crackers

Dinner: Baked fish with lime + white rice + peeled soft calabaza

Clear Liquid Day — Latin Options

- Caldo de pollo (chicken broth, strained clear — no rice, chicken, or vegetables)
- Consomme (clear)
- Chamomile tea (manzanilla), yerba mate (strained, no sugar)
- Apple juice, white grape juice
- Gatorade or Pedialyte (NO red or purple)
- Sugar-free gelatin, clear popsicles (NO red or purple)

Avoid: horchata, atole, champurrado, aguas frescas with pulp, jamaica (hibiscus — red), tamarind drinks.

Questions About Your Prep?

MilenAi Digestive Health offers telehealth consultations with a GI-specialized RN. Get answers about your prep, medications, and what to expect.

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Disclaimer: This guide is for educational purposes only. Always follow your specific provider instructions. If you have questions about your prep, call your GI office directly.

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