

# Vegan Diet

## **Vegan Low Fiber Diet**

Examples of a Vegan Low Fiber Diet include:

- White bread, white rice, pasta, potato without skin, plain crackers
- Tofu, peanut butter without nuts or other smooth nut butters
- Well cooked vegetables without skins and seeds
- Canned fruit, ripe banana, fresh melon
- Soy cheese, soy yogurt
- Condiments such as salt, pepper, sugar

**Avoid:** Raw fruits (except listed) and vegetables, whole wheat or high fiber foods, seeds, nuts, popcorn, bran or bulking agents.

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## **Vegan Clear Liquid Diet**

Examples of a Vegan Clear Liquid Diet:

- Water
- Tea
- Clear vegetable broth or bouillon
- Gatorade®, Pedialyte® or Powerade® – NO RED COLORED FLAVORS
- Carbonated and non-carbonated soft drinks (Sprite®, 7-Up®, Gingerale)
- Strained fruit juices without pulp (apple, white grape, white cranberry)
- Fruit popsicles, hard candy – NO RED COLORED FLAVORS

**Avoid:** Red liquids, alcohol, lactose-free milk or dairy products.