

LOW RESIDUE DIET

<u>FOOD GROUP</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>								
Milk and Dairy	<ul style="list-style-type: none"> • cow's milk • ice cream • yogurt • cheese • cream 	<ul style="list-style-type: none"> • fruited yogurt • any ice cream • cheese with nuts or seeds • any milk products if you are lactose intolerant 								
Beverages	<ul style="list-style-type: none"> • Coffee and tea • carbonated beverages • apple juice • strained juice • bottled water • tomato juice • fruit drinks without pulp, such as fruit punch • Kool-Aid or Hi-C (without red dye) • Nutritional supplements without added fiber, such as Boost or Ensure 	<ul style="list-style-type: none"> • Any beverage containing pulp or seeds, such as orange or grapefruit juice • Prune juice • Nutritional supplements that contain fiber 								
Breads, cereals, and starches	<ul style="list-style-type: none"> • refined breads, rolls, bagels, English muffins, pita bread, biscuits, muffins, crackers, pancakes, waffles, or pastry • refined cooked and cold cereals such as hominy grits, Farina, Cream of Wheat or Rice, strained oatmeal, Cheerios, Corn/Rice Chex, Cornflakes, Rice Krispies, Special K • potato and sweet potato without skin • white rice • refined pasta 	<ul style="list-style-type: none"> • whole grain breads, cereals, and pasta • oatmeal • granola • any bread, cereal, cracker, or pasta made with seeds, nuts, coconut, or raw or dried fruit • corn bread • graham crackers • brown rice • wheat germ • Bran • Sprouted wheat • Wild rice • Barley • Potato skins 								
Fruits	<ul style="list-style-type: none"> • Canned or cooked fruit without skins or seeds (peaches, pears, apricots, apples) • Applesauce • Ripe banana • Jellied cranberry sauce 	<ul style="list-style-type: none"> • raw fruit (bananas are okay) • canned pineapple, oranges, grapefruit sections, mixed fruit • dried fruit • all berries, melons • whole cranberry sauce • avocado • coconut 								
Vegetables	<ul style="list-style-type: none"> • Tender, well cooked fresh, canned, and frozen vegetables without seeds, such as peeled carrots, green beans, and beets • Strained vegetable juice • Strained tomato juice 	<ul style="list-style-type: none"> • All raw vegetables, such as lettuce, onion, celery, cucumber, mushrooms, scallions, etc. • Vegetables with seeds • Tough, fibrous cooked vegetables such as: <table border="1" style="margin-left: 20px;"> <tr> <td>Artichokes</td> <td>asparagus</td> </tr> <tr> <td>Broad beans</td> <td>Broccoli/cauliflower</td> </tr> <tr> <td>Brussel sprouts</td> <td>Celery</td> </tr> <tr> <td>Corn</td> <td>Cucumber</td> </tr> </table> 	Artichokes	asparagus	Broad beans	Broccoli/cauliflower	Brussel sprouts	Celery	Corn	Cucumber
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Meat and meat substitutes	<ul style="list-style-type: none"> • Cooked, tender fish, poultry, beef, lamb, pork, ham, veal, organ meats • Eggs • Cheese • Tofu • Tuna fish • Smooth peanut butter and other smooth nut butters 	<ul style="list-style-type: none"> • Non-tender meats • Gristle • Hot dogs • Salami, cold cuts • Meat substitutes made with whole grains, nuts, or seeds • Dried beans, peas, lentils • Crunchy style peanut butter and other crunchy nut butters 											
Miscellaneous	<ul style="list-style-type: none"> • Salt, sugar, ground or flaked herbs and spices • Vinegar • Ketchup and mustard • Soy sauce • Jelly (but not jam or preserves) 	<ul style="list-style-type: none"> • Pepper • Seed spices • Seeds and nuts • Coconut • Popcorn • Jams or preserves • Pickles and olives 											