

LOW RESIDUE DIET

FOOD GROUP	RECOMMENDED	AVOID
Milk & milk products (2 or more cups daily)	All milk products	
Vegetables (3 or more servings daily)	Lettuce; vegetable juice without pulp; the following cooked vegetables: yellow squash(without seeds), green beans, wax beans, spinach, pumpkin, eggplant, potatoes without skin, asparagus, beets, carrots	Vegetable juices with pulp, raw vegetables except lettuce, cooked vegetables not on RECOMMENDED list
Fruits (2 or more servings daily)	Fruit juices without pulp, canned fruit except pineapple, ripe bananas, melons	Fruit juices with pulp, canned pineapple, fresh fruit except those on RECOMMENDED list, prunes, prune juice, dried fruit, jam, marmalade
Starches—bread & grains (4 or more servings daily)	Bread and cereals made from refined flours, pasta, white rice	Whole-grain breads, cereals, rice, pasta; bran cereal; oatmeal
Meat or meat substitutes (5 to 6 oz daily)	Meat, poultry, eggs, seafood	Chunky peanut butter, nuts, seeds, dried beans, dried peas
Fats and oils (servings depend on caloric needs)	All oils, margarine, butter	Coconut
Sweets and desserts (servings depend on caloric needs)	All not on AVOID list	Desserts containing nuts, coconut
Miscellaneous	All not on AVOID list	Popcorn, pickles, horseradish, relish

SAMPLE MENU

BREAKFAST	LUNCH	DINNER
Orange juice 1/2 cup	Fish 3 oz	Chicken breast 3 oz
Cornflakes 1 cup	Mashed potatoes 1/2 cup	Medium baked potato without skin
Poached egg	Cooked green beans 1/2 cup	Cooked carrots 1/2 cup
White toast 1 slice	White bread 1 slice	White bread 1 slice
Margarine 1 tsp	Margarine 1 tsp	Margarine 1 tsp
Jelly 1 Tbsp	Jelly 1 Tbsp	Jelly 1 Tbsp
Skim milk 1 cup	Applesauce 1/2 cup	Canned peaches 1/2 cup
Coffee 3/4 cup	Coffee 3/4 cup	Skim milk 1/2 cup
Sugar 1 tsp	Sugar 1 tsp	Coffee 3/4 cup
Non-dairy creamer	Non-dairy creamer	Sugar 1 tsp
Salt/pepper	Salt/pepper	Non-dairy creamer
		Salt/pepper