

LOW FIBER / LOW RESIDUE DIET

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Beverages	Coffee, tea, decaffeinated coffee and tea, cocoa, carbonated beverages, fruit flavored drinks without pulp	Any beverages containing foods are not allowed; alcoholic beverages
Breads and Cereals 6-11 servings	Refined white, light wheat or rye bread and rolls; sweet breads; saltines or soda crackers All refined, cooked and ready- to- eat cereals (corn, oats, wheat and rice) such as Wheathearts, Malt-O-Meal, Cornflakes®, Special K®, Cheerios®, and Post Toasties	Rolls with nuts, seeds, coconut or fruit not allowed; bread containing cracked wheat particles or whole seeds; coarse, dry cereals; any with bran or raisins All others not listed as allowed Graham crackers, corn bread
Desserts Avoid too many sweets	All plain puddings, junket, custard, tapioca, gelatin desserts, fruit whips, smooth ice cream, fruit ice, plain sherbet, yogurt, cake, and cookies, pie made with allowed fruits	Rich pastry or cakes; those with nuts, seeds, raisins, coconut, dates or fruits not allowed on list
Eggs 3/week	All	Egg dishes prepared with ingredients not allowed
Fats Use in moderation	Butter, margarine, cooking oil, cream milk salad dressings and mayonnaise, as tolerated, bacon, plain gravies	Nuts, olives, all others
Fruits and Fruit Juices 2 servings/day	Fruit juice without pulp Canned: applesauce, cherries, fruit cocktail, peaches Fresh: bananas, cherries, grapefruit, melon, nectarine, peaches, plum	Prune juice Canned: pineapple, pears Fresh: apples, apricot, avocado, berries, mango, pear, dried dates, figs, prunes, raisins
Meat or Meat Substitute 5-7 ounces/day	Tender, broiled, stewed or creamed roast beef, veal, lamb, pork, ham, poultry, fish, chopped clams, oysters, liver, kidneys Cheeses: cream cheese, cottage, American, cheddar, Swiss or jack cheese Smooth peanut butter	Fried meats, fish, or poultry; meats highly seasoned or containing whole spices; sausage, frankfurters, strong cheeses or those containing seeds Dried beans or peas, chunky peanut butter All others not listed are allowed.
Milk Limit to 2 cups/day	All	None except those with seeds, nuts or fruits not allowed; limit milk to 2 cups/day
Potatoes and Substitutes	White and sweet potatoes (no skins); refined rice, macaroni, spaghetti, noodles	All others
Soups	Creamed soups with pureed or whole allowed vegetables; strained vegetable soups or chowders, meat or fish broths	Highly seasoned soups or those containing ingredients other than on allowed list
Vegetables and Vegetable Juice 2 servings/day	Cooked or canned artichoke hearts. Asparagus, beets, carrots, chard, green and wax beans, bean sprouts, mushrooms, pimento, pumpkin. Fresh and cooked tomato (no seeds or skins), stewed, pastes, purees, tomato juice. Limit vegetables to 2 servings/day and less than 2 gm fiber/serving.	All other raw, strongly flavored vegetables (cabbage, broccoli, cauliflower, summer squash, okra, brussel sprouts, parsnips, rutabagas, turnips, onions, corn, baked beans). All others not listed are allowed.
Miscellaneous	Sugar, jelly, honey, syrup, plain candy Salt, pepper, flavoring extracts, herbs and seasonings not listed to avoid Milk, gravies and cream sauces; barbecue sauce, mustard, ketchup	Any on not allowed list; jam, marmalade, fruit preserves, plain chocolate, chili pepper, curry powder, cloves, seed spices, horseradish, popcorn, pickles, salsa, relish, chutney, all seeds such as poppy, sesame and caraway