

## Low Residue Diet

### Foods allowed

### \*Foods to Avoid\*

<p><b><u>Fruits</u></b></p> <p>oranges, grapefruit, cooked apples/peaches/ pears, ripe bananas</p>	<p><b><u>Fruits</u></b></p> <p>raw fruits, dried apricots, figs, dates, raisins</p>
<p><b><u>Cereals &amp; soups</u></b></p> <p>cooked and strained oatmeal, wheat cereals, refined rice cereals, dry cereals</p> <p>all soups</p>	<p><b><u>Cereals &amp; soups</u></b></p> <p>-----</p>
<p><b><u>Breads &amp; pasta</u></b></p> <p>toasted white bread (butter ok), saltines, rusk</p> <p>spaghetti noodles, macaroni noodles</p>	<p><b><u>Breads &amp; pasta</u></b></p> <p>bran, whole wheat, rye bread, corn bread, rolls, muffins</p>
<p><b><u>Vegetables</u></b></p> <p>cooked and strained asparagus, beets, peas, carrots, fresh lima beans, spinach, squash, white potatoes (mashed, creamed or baked – no skins)</p>	<p><b><u>Vegetables</u></b></p> <p>radishes, corn, cucumbers, cabbage, tomatoes, onions, garlic, celery, green beans, brussels sprouts, peppers, cauliflower, dried peas, beans, olives, pickles</p>
<p><b><u>Meats, poultry, fish, eggs &amp; cheese</u></b></p> <p>beef (broiled or baked), chicken, turkey, ham (boiled or broiled), bacon, lamb chops, eggs (soft boiled or poached), cottage cheese, cream cheese</p>	<p><b><u>Meats, poultry, fish, eggs &amp; cheese</u></b></p> <p>all fried, canned, salted and spices meats/fish, veal, mutton, nuts</p> <p>condiments, gravy, sauces</p>
<p><b><u>Desserts</u></b></p> <p>custard, pudding, ice cream, Jello, cake (no icing), honey, syrup, clear jelly</p>	<p><b><u>Desserts</u></b></p> <p>rich pastries/desserts, candy, popcorn, marmalade</p>
<p><b><u>Beverages</u></b></p> <p>milk, buttermilk, eggnog, malted milk, cocoa, tea, coffee, carbonated drinks</p>	<p><b><u>Beverages</u></b></p> <p>alcoholic beverages</p>