

Low Residue Diet

Group	Allowed	Avoid
Beverages	Cereal beverage; tea; carnation milk	Iced beverages; carbonated beverages; coffee; milk; milk drinks
Breads	White or rye bread; rolls; soda crackers; saltines	Bread or cracker containing whole wheat flour or bran
Cereals	Cooked refined com; rice and wheat cereal; oatmeal; commercially prepared cereals from rice or corn (free of outer coating); puffed wheat; puffed rice; rice crisp	Whole grain cereals
Desserts	Cake; cookies; custard; gelatin desserts; pastries; pudding; rennet desserts; sherbets (all without fruit and nuts)	Any other
Fats	Butter; margarine	Any other
Fruits	None	All fruits and juices
Meat, eggs and cheese	Bacon, tender meat; fish or fowl; canned fish; eggs	Any other
Potato or substitute	Noodles; refined; rice; spaghetti	Hominy sweet potato; whole grain rice
Soups	Bouillon; broth	Any other
Sweets	Hard candies; honey; jellies; syrup; sugar	Candy containing fruit or nuts; jam; marmalade
Vegetables	None	All vegetables and vegetable juices
Miscellaneous	Gravy; herb except garlic; creamy peanut butter; salt; vinegar; white sauce	Garlic; nuts; pickles; popcorn; relishes; condiments

Basic Meal Pattern

Breakfast	Lunch and Dinner
Cooked cereal-½ cup Eggs-2 Bacon-2 strips Toast and butter-1 slice Beverage with sugar	Lean meat, fish or fowl-2 ½ oz. White potato or substitute-1/2 cup Dessert-½ cup Bread and butter-1 slice Beverage with sugar

Additions to Low-Residue Diet to be ordered by the physician one at a time:

- Ripe banana; apricot; peach or pear nectar
- Tomato juice; pureed vegetables
- Canned or cooked asparagus; beets; carrots; pumpkin; squash; string beans; sweet potato
- (all without tough fiber)
- Avocado; canned or cooked apples; apricots; cherries; peaches; pears; puree of cranberries and plums (all without tough skin)
- Boiled milk
- Pasteurized (not boiled) milk; dry skim; half cream as tolerated
- Shredded lettuce; plain salad dressing