LOW FIBER / LOW RESIDUE DIET

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