

LOW RESIDUE/LOW FIBER DIET

*Start This Diet on _____

Food Type	Foods ALLOWED	Foods to AVOID
Beverages	<ul style="list-style-type: none"> • Coffee and Tea • Carbonated Beverages • Apple Juice • Strained Juice • Bottled Water • Tomato Juice • Fruit Drinks without Pulp such as fruit punch • Kool-Aid or Hi-C without Red dye • Nutritional supplements without added Fiber, such as Boost or Ensure 	<ul style="list-style-type: none"> • Any beverage containing pulp or seeds, such as orange or grapefruit juice • Prune juice • Nutritional supplements that contain fiber
Milk and Dairy	<ul style="list-style-type: none"> • Cow's Milk • Ice Cream • Yogurt • Cheese • Cream 	<ul style="list-style-type: none"> • Fruited yogurt • Any ice cream or cheese with nuts or seeds • Any milk products if you are lactose intolerant
Breads, Cereal and Starches	<ul style="list-style-type: none"> • Refined breads, rolls, bagels, English muffins, pita bread, biscuits, muffins, crackers, pancakes, waffles or pastry • Refined cooked and cold cereals such as hominy grits, farina, cream of wheat or rice, strained oatmeal, Cheerios, Corn/Rice Chex, Cornflakes, Rice Krispies, Special K, • Potato and sweet potato without skin • White rice • Refined pasta 	<ul style="list-style-type: none"> • Whole grain breads, cereals and pasta • Oatmeal • Granola • Any bread, cereal cracker or pasta made with seeds, coconut, or raw or dried fruit • Corn bread • Graham crackers • Brown or Wild rice • Wheat germ • Bran • Sprouted wheat • Barley • Potato skins
Fruits	<ul style="list-style-type: none"> • Canned or cooked fruit without skins or seeds(peaches, pears, apricots & apples) • Applesauce • Ripe banana • Jellied cranberry sauce 	<ul style="list-style-type: none"> • Raw fruit(bananas are ok) • Canned pineapple, oranges, grapefruit sections, mixed fruit • Dried fruit • All berries and melons • Whole cranberry sauce • Avocado • Coconut

Food Type	Foods ALLOWED	Foods to AVOID
Vegetables	<ul style="list-style-type: none"> • Tender, well cooked fresh, canned and frozen vegetables without seeds such as peeled carrots, green beans and beets • Strained vegetable juice • Strained tomato sauce 	<ul style="list-style-type: none"> • ALL raw vegetables, such as lettuce, onion, celery, cucumber, mushrooms, scallions etc. • Vegetables with seeds • Tough, fibrous cooked vegetables such as: Artichokes, broad beans, brussel sprouts, corn, eggplant, onion, sauerkraut, cabbage, tomatoes, asparagus, broccoli and cauliflower, celery, cucumber, mushrooms, peas(green peas), spinach, zucchini summer squash and winter squash
Meat and meat substitutes	<ul style="list-style-type: none"> • Cooked, tender fish, poultry, beef, lamb, pork, ham, veal and organ meats • Eggs • Cheese • Tofu • Tuna fish • Smooth peanut butter and other smooth nut butters 	<ul style="list-style-type: none"> • Non-tender meats • Gristle • Hot dogs • Salami, cold cuts • Meat substitutes made with whole grains, nuts and seeds • Dried beans, peas and lentils • Crunchy style peanut butter and other crunchy nut butters
Miscellaneous	<ul style="list-style-type: none"> • Salt, sugar, ground or flaked herbs and spices • Vinegar • Ketchup and mustard • Soy sauce • Jelly (not jam or preserves) 	<ul style="list-style-type: none"> • Pepper • Seed spices • Seeds and nuts • Coconut • Popcorn • Jams or preserves • Pickles and olives