

LOW RESIDUE DIET**Foods Allowed****Foods to Avoid**

Beverages	Decaffeinated coffee, tea, carbonated beverages; juices without pulp; milk (limit to 2 cups/day)	Milk products in excess, any juices with pulp
Breads	Enriched white or light rye bread and rolls, soda crackers, saltines, pancakes, quick breads, waffles, plain muffins, all made from "foods allowed"	Breads or crackers containing whole wheat flour or bran, cracked wheat, caraway, sesame, or poppy seeds
Cereals	Cooked, refined corn, rice and wheat cereals, oatmeal, commercially prepared cereals from corn or rice (free of outer coating), puffed wheat, puffed rice, shredded wheat, infant cereals, cornmeal, hominy grits	Whole grain cereals, natural cereals, bran
Desserts	Plain cakes, plain cookies, custards, gelatin, ice cream, tapioca, rice, cornstarch, bread puddings, rennet, sherbets (all without nuts and fruits, except those listed under "foods allowed")	Any other than listed to the left; avoid large servings of rich pastries or other rich desserts
Fats	Butter, cream, margarine, plain salad dressing, salad oil, shortening, mayonnaise, smooth peanut butter	Any other than listed to the left, including bacon drippings, salt pork, spicy salad dressings
Fruits	Any juice except prune, strained orange or grapefruit juice; avocado, ripe banana, peeled apricots, cherries, peaches, pears, pureed cranberries, strained plums; baked, cooked, or canned apples (without skin)	Raw fruit, except those listed to the left; all berries (fresh, frozen or canned), all melons, dates, figs, pineapples, prunes, raisins
Meat, egg or cheese	Crisp bacon, tender	Clams, oysters, herring,

	meat, fish or fowl, eggs fixed any way; American, cottage and cream cheeses; well cooked and drained mild sausage, shrimp, frankfurters	hot sausage, lunch meats, pizza
Potato or substitute	White potato, sweet potato, macaroni, noodles, refined rice, spaghetti noodles, hominy grits	Wild grain rice, potato skins
Soups	Bouillon, broth, cream soup and vegetable soup made from "foods allowed"	Any other not listed to the left
Sweets	Hard candies, honey jellies, syrup, sugar, jam and marmalade made from allowed fruits, molasses, milk chocolate without nuts (in moderation)	Candy containing nuts or fruits, except those listed under "foods allowed"; jam or marmalade, except those made from allowed fruits
Vegetables	Shredded lettuce, canned or cooked asparagus, beets, carrots, pumpkin, seedless squash, string beans, eggplant, mushrooms, peas, spinach, beets, greens, turnip greens, pureed corn, lima beans, tomatoes, tomato juice, V-8 juice	Raw vegetables, broccoli, brussel sprouts, cauliflower, cabbage, cucumber, onions, turnips, dried beans, peppers, radishes, rutabagas, and any other not listed
Miscellaneous	Gravy, herbs (except garlic), salt, spices in moderation, vinegar, white sauce	Nuts, pickles, popcorn, relish, condiments, pepper, coconut, olives