

LOW RESIDUE DIET

Grain products:	Enriched refined white bread, buns, bagels, English muffins, plain cereals like cheerios, cornflakes, cream of wheat, Rice Krispies, Special K, arrowroot cookies, tea biscuits, soda crackers, plain melba toast, white rice, refined pasta and noodles, avoid whole grains
Fruits:	Fruit juices except prune juice, applesauce, apricots, banana(1/2), cantaloupe, canned fruit cocktail, grapes, honeydew melon, peaches watermelon, avoid raw and dried fruits, raisins and berries.
Vegetables:	Potatoes (no skin) well-cooked and tender vegetables including alfalfa sprouts, beets, green/yellow beans, carrots, celery, cucumber, eggplant, lettuce, mushrooms, green/red peppers, squash, zucchini, avoid vegetables from the cruciferous family such as broccoli, cauliflower, Brussels sprouts, cabbage, kale, swiss chard etc.
Meat and protein:	Well-cooked tender meat, fish and eggs, avoid beans and lentils
Dairy:	As directed by your healthcare providers
Nuts:	Avoid all nuts and seeds, as well as foods that contain seeds (such as yogurt)