

## LOW RESIDUE DIET OPTIONS

(You will be on clear liquids the day before the procedure and will be on the "Foods to Choose" diet 2 days prior to that)

### **Foods to Choose**

#### *Breads & Starches*

White Bread, roll, biscuit  
White rice, noodles or pasta  
Plain crackers  
Potato Roll  
Skinless cooked potato  
Pretzels  
Puffed rice, Rice Krispies  
Pizza

#### *Meat*

Skinless chicken  
Skinless turkey  
Fish or seafood

#### *Fruit*

Applesauce  
Soft honeydew or cantaloupe  
Canned fruit without seeds or skin  
Ripe Banana

#### *Vegetables*

Cooked or canned vegetables without seeds (examples: carrots, potatoes)

#### *Desserts*

Vanilla wafers  
Sherbet, ice cream  
Animal crackers

#### *Other*

Eggs  
Chicken noodle soup without vegetables  
Margarine, mayonnaise, mustard  
All items included on the clear liquid diet  
Any dairy products

### **Foods to Avoid**

Whole wheat breads, cereals, crackers, rolls  
Whole wheat pasta  
Brown or wild rice  
Breads or cereals with nuts, seeds or fruit  
Buckwheat  
Granola  
Cornbread  
Pumpernickel bread

Tough fibrous meats (pork and red meats)

Other raw fruit  
Prunes or prune juice  
Raisins and dried fruit  
Berries

Raw or partially cooked vegetables  
Corn, Brussels sprouts, cabbage, broccoli, onions  
cauliflower, beans, peas, winter squash, sauerkraut

Those with nuts, seeds or fruit

Nuts, seeds, popcorn