

Low Residue(Fiber) Diet Options

Foods to Choose:

Breads & Starches

White bread, roll biscuit
White rice or noodles
Plain crackers
Potato roll
Skinless cooked potato
Pretzels
Puffed rice, Rice Krispies

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: green beans, carrots,
potatoes)

Desserts

Vanilla wafers
Sherbet
Animal crackers

Other

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

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

Other raw fruit
Prune 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