LOW RESIDUE DIET

The low residue diet has been prescribed to assist in the healing of the colon. It is also used on a temporary basis to prepare for procedures. This diet is low in fiber and fat. Milk and milk products should be avoided in people with diarrhea and/or lactose intolerance. Nutritional supplements that are low in residue and are lactosefree, such as Ensure, Ensure Plus, and Sustacal, may be added to the low residue diet if additional calories and/or protein are needed.

Food Type	Foods Allowed	Foods Not Allowed
Beverages	• Coffee, tea and decaffeinated beverages including Kool-aid, fruit punch, fruit flavored beverages, and sports drinks • Skim or 1% milk (limit to 1 cup/day) • Carbonated beverages (limit to1 cup per day)	• High fat milk & milk products • Alcohol
Breads, Cereal, Rice, & Pasta	• Soft breads such as white breads, rolls, and hamburger/hot dog buns • Crackers without wheat, nuts, or seeds • Cooked or dry refined cereals (i.e. grits or cream of wheat) • Rice krispies, corn flakes, Special K • White rice • Pasta, plain	• Whole grain breads or cereals. • Oatmeal. • Breads or cereals containing nuts, seeds, or dried fruit. • Granola cereals. • Highly seasoned or whole grain crackers or pasta. • Brown or wild rice
Fruit/Juices	• All strained fruit juices • Canned peaches, pears, apricots • Applesauce • Ripe banana • Baked apple without skin	• All other fruits and juices • Prunes or prune juice.
Vegetables	• Tender cooked soft vegetables limited to green beans, wax beans, asparagus, beets, carrots, and white potatoes (all skins removed) • Vegetable juices (not V-8) • Tomato sauce, plain with no spice	• Raw vegetables • All vegetables with skins • Broccoli, brussel sprouts, cabbage, cauliflower, corn, dried beans and peas, onions, rutabagas • Fried vegetables • Highly seasoned or fried potatoes • Potato chips • V-8 juice
Meat or Substitute	• Baked, broiled, boiled, roasted, stewed, or microwaved tender chicken, turkey, veal, beef, lamb, and lean pork • Smooth peanut butter • Tofu • Eggs or egg substitute (not fried) • Tuna, crawfish, shrimp, crabmeat • Low fat cheeses • Soft mild • American or cheddar cheese	• All fried meats • Meats cooked in a fatty roux or cream sauce • Tough, stringy, highly seasoned meats • Sausage, boudin, cracklins • Regular cold cuts, hot dogs • Dried peas or beans • Sharp yellow or other strongly flavored cheeses

Food Type	Foods Allowed	Foods Not Allowed
Soups	• Clear broth based soups • Chicken or turkey noodle • Chicken with rice	• All others
Fats/oils	• Limit 1-2 tsp per meal • Margarine, butter, mayonnaise, oil, non-dairy creamer • Crisp bacon, limit to 2 slices/day	• All fried foods • All others
Sweets & Desserts	• Sugar, syrup, honey, jelly, seedless jam, molasses, non-nutritive sweeteners, • Hard candies • Plain cakes (angel food, sponge) • Plain cookies (animal, sugar, vanilla) • Jello-O, Popsicles, sherbet, frozen yogurt • Ice cream/milk (limit to 2X weekly)	• Jams & marmalade • Sweets containing nuts, coconut, or chocolate • All others
Miscellaneous	• Salt, mild herbs and flavorings, such as vanilla, cinnamon and paprika • Mildly flavored gravies and sauces • Lemon juice	• Strongly flavored seasonings including black and red pepper • Mustard seeds, onions, garlic • Strong condiments such as vinegar, catsup, mustard, barbecue sauce, horseradish, steak sauce • Coconut, nuts, pickles, olives, popcorn

Sample Menus

Breakfast
½ cup apple juice
½ cup grits with 1 tsp margarine
1 poached egg
1 slice white toast
1 cup skim milk
1 cup decaf coffee

Lunch
3 oz roast beef/gravy
½ cup mashed potatoes
1 cup steamed carrots
1 dinner roll
1 slice angel food cake
1 cup fruit punch

Dinner
3 oz baked chicken
2/3 cup buttered rice
½ cup greenbeans
½ cup canned peaches
1 cup iced tea

Breakfast
1 cup corn flake cereal
1 cup skim milk
1 ripe banana
1 cup decaf coffee

Lunch
1 cup chicken noodle soup
Sandwich: 3 oz turkey, white bread,
1 tsp mayonnaise
1 cup fruit punch

Dinner
3oz baked pork
mashed potatoes
1 tsp margarine/butter
1 cup waxed beans
1 cup sherbet
1 cup Kool-aid