

Low-Residue Diet

Your doctor has ordered this diet for you. Follow it as long as your physician orders it. High fiber or high roughage foods are not allowed. Foods with some fiber in them (fruits and vegetables) should be well cooked. Milk will leave some residue in your colon after it is digested. This is why milk is limited to two cups a day.

SAMPLE MEAL PLAN

BREAKFAST

½ cup orange juice (no pulp)
1 cup Rice Krispies
Poached egg on white toast
1 cup milk
Coffee

LUNCH

Chicken sandwich on white bread
with mayo
Applesauce
Cooked carrots
Sugar Cookie
Coffee

DINNER

Tomato juice
Roast Beef
Mashed potatoes with gravy
Buttered asparagus
Lemon Sherbet
Coffee/Milk

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Beverages	Coffee, tea, decaffeinated coffee, buttermilk, milk (skim, 2%, whole), soda (Coke, 7-Up, etc) LIMIT MILK TO 2 CUPS A DAY INCLUDING THAT USED IN COOKING	Milk in excess of 2 cups
Breads	White bread or rolls, or made from refined flour, saltines, cheese crackers	Pumpnickel, whole grain bread, rolls or crackers with bran, oats, seeds, nuts, raisins, or dates
Cereals	Refined cooked cereals such as Cream of Wheat, Cream of Rice, refined dry cereals such as corn flakes, Rice Krispies, puffed rice	Whole grain cereals, dry wheat, oat or barley cereals and cooked oatmeal
Potatoes and other starches	White potatoes, sweet potatoes and yams without the skin, macaroni, spaghetti, noodles, white rice, hominy	Brown and wild rice, fried potatoes and potatoe skins, whole wheat pasta
Fats	In moderate amounts – butter, cream, mayo, vegetable oils and shortening	Coconut and spicy salad dressings
Fruits	Melons, any fruit juice without pulp, raw bananas, avocado, any cooked / canned fruit without skins and membranes except pineapple	Avoid pineapple and all fruits not listed
Meats and eggs	Eggs and tender meats prepared any way except fried	Tough, grisly, spiced or cured meats, frankfurters, luncheon eats, sausage and fried meats
Nuts and seeds	None allowed	Avoid all
Soups	Cream soups made with milk allowance and allowed vegetables, broth soups	Highly seasoned soups
Vegetables	Well cooked asparagus, carrots, green and wax beans, cooked pumpkin and squash without seeds, potatoes without skins, lettuce, spinach, eggplant tomato sauce, and vegetable juice	Avoid all vegetables no listed and any raw vegetables
Cheese	Cream cheese and cottage cheese, mild swiss, American and cheddar cheeses used in flavouring other foods only such as macaroni and cheese	Avoid all others
Miscellaneous	White sauce (made from milk), meat gravy, ketchup, mustard, cocoa, chocolate, salt, vinegar, lemon juice, ground spices and herbs in moderate amounts	Nuts, seeds olives, pickles, popcorn, cayenne, chilli powder, garlic and horseradish

CLEAR LIQUIDS

Clear liquids(not just water) are a necessary part of prepping for the procedure.

Begin clear liquids: DATE: _____

NO RED OR PURPLE
COLORING IN THE FOLLOWING LIQUIDS:

“CLEAR LIQUIDS” INCLUDE:

- Strained fruit juices without pulp (apple, white grape, white cranberry)
- Lemonade from powdered mixes
- Fruit Ices, Italian Ices, Sorbet
- Water
- Sports drinks such as Gatorade, All-Sport, PowerAde, etc
- Clear broth or bouillon
- Coffee or tea (without milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks
- Kool-Aid® (or other fruit flavored drinks)
- Clear liquid nutritional supplements
- Jell-O® (without added fruits or toppings)
- Popsicles without milk or added fruit pieces
- Gummie Bears (anything gummie)
- Lifesavers®, hard candy, honey
- gum