



## **LOW RESIDUE DIET — WHAT CAN YOU EAT?**

These are acceptable foods to eat in the days prior to your procedure preparation:

### **DAIRY**

- Cheese
- Cream cheese
- Cottage cheese
- Yogurt
- Milk

### **PROTEIN**

- Eggs
- Chicken
- Turkey
- Pork (including bacon and sausage)
- Lamb
- Fish
- Seafood (shrimp, lobster, scallops)
- Tofu

### **BREAD AND GRAINS**

(less than 2 grams of fiber per serving)

- White bread or bagels (NO whole grain or any seeds)
- White pasta (NO whole grain)
- White rice (NO brown or wild rice)
- Low fiber cereals (Rice Krispies, Corn Flakes, Rice Chex, and Special K)

### **CONDIMENTS**

- Creamy peanut butter or almond butter (NO crunch)
- Jelly (NO chunks of fruit or seeds)
- Syrup
- Butter or margarine
- Vegetable oil or other oils
- Mayonnaise
- Sour cream
- Salt

### **FRUIT (make sure they are ripe or cooked)**

- Avocado
- Banana
- Cantaloupe
- Applesauce
- Canned or peeled pears, peaches, or apricots (without skin)

### **VEGETABLES (CANNED OR COOKED ONLY, NO RAW)**

- Carrots
- Beets
- Pumpkin
- Asparagus
- Spinach
- Green beans
- Peeled potatoes
- Mushrooms

### **SNACKS**

- Pretzels
- Saltine crackers
- Animal crackers
- Vanilla wafers
- Graham crackers

### **DESSERT**

- Ice cream
- Pudding
- Sherbet/sorbet (NO pieces of fruit or seeds)
- Cookies or cake made with white flour and NO seeds, fruit, or nuts
- Rice Krispie Treats

## LOW RESIDUE SAMPLE MENUS

### BREAKFAST

- Hard boiled or poached eggs
- Scrambled eggs or omelet
- Cheese
- Chicken
- Avocado
- Pancakes, waffles, or french toast (plain white, NO whole wheat or multigrain)
- Butter
- Syrup
- Whipped cream
- Powdered sugar
- Bagel (plain white, NO multigrain, wheat or seeds)
- Cream cheese or lox
- Eggs, cheese, and sausage patty
- Creamy peanut or almond butter
- Cereal with milk
- Rice Krispies
- Rice Chex
- Corn Flakes
- Special K
- Bacon or sausage
- Vanilla yogurt with honey
- Smoothie made with vanilla yogurt, creamy peanut butter or almond butter, banana, milk, honey, cocoa powder or cinnamon
- Anything from McDonald's breakfast EXCEPT:
  - NO Fruit or yogurt parfait
  - NO Sausage burrito
  - NO Fruit and maple oatmeal

### LUNCH AND DINNER

#### Sandwiches

- Turkey, ham, chicken, bacon, pulled pork, sloppy joe, egg or tuna salad (made with just the protein and mayonnaise)
- Cheese
- Mayonnaise
- Plain mustard
- White bread only (NO seeds, nuts, or multigrain)
- NO lettuce, tomatoes, onions, or pickles
- Creamy peanut butter and jelly (with NO seeds or chunks of fruit) on white bread

#### Burgers

- Hamburger, turkey burger, tofu burger
- Cheese
- Mayonnaise
- Plain mustard
- White bun or roll only (NO seeds, nuts, or multigrain)
- NO lettuce, tomatoes, onions, or pickles

#### Pizza

- Sausage, bacon, pepperoni, or chicken
- Cheese
- Tomato paste or white base (NO chunks of tomatoes)

#### Pasta (white pasta only)

- Pasta with chicken/shrimp, butter/olive oil, and parmesan cheese
- Macaroni and cheese
- Meat lasagna with garlic bread
- Tomato sauce is okay, just avoid chunks, skin, and seeds
- Creamy Alfredo sauce

#### Rice dishes (white rice only)

- Rice and creole rice with sausage (NO vegetables/herbs)
- Shrimp fried rice with egg and oil/soy sauce (NO vegetables/herbs)
- Salmon with ginger rice and honey/soy sauce

#### Soup

- Chicken with noodle or white rice (NO vegetables)
- Creamy soups (NO chunks, less than 2 grams of fiber per serving)

\* For the low residue breakfast and lunch on the day before the procedure, skip all fruits and vegetables completely!