

# Low Residue Diet

## Instructions:

- Limit your use of added fats (butter, cooking oil, margarine, mayonnaise) and high fat foods.
- Avoid alcoholic drinks and caffeinated foods and drinks (including coffee, tea, soft drinks, and chocolate).
- Avoid foods with skin, membranes, seeds and nuts.
- Limit dairy products to two servings per day and meats and alternatives to two servings per day.
- Limit your fibre intake to no more than 7 g/day.
  - Some of the sample foods listed below do have examples of fibre content. For accuracy on food items not listed here, please consult product packaging.

Food Category	Sample Foods (each item represents one serving)	Fibre (g)
Dairy Maximum 2 servings/day	-250 ml low fat milk -250 ml plain low fat yogurt, cottage cheese, ice cream (plain with no fruit or nuts), milk pudding or custard -50 g cheese	
Meat/Alternatives Maximum 2 servings/day	-1 extra large egg (or 2 small) soft boiled, scrambled or poached -2 tbps creamy peanut butter -75 g ground or well-cooked, tender and lean: beef, ham, pork, fish, lamb, veal, poultry, organ meats	
Soups	-Broth -Cream soups made with allowed ingredients (veg, meats, dairy)	
Desserts	-Gelatin, Jell-O, fruit ice, popsicles -Plain cakes and cookies made with refined flour -Pie made with allowed fruit and refined flour	
Potato & Substitutes	-1/3 cup cooked white rice -1/2 cup refined white pasta -1/2 medium boiled, baked, mashed white and sweet potato, no skin -1/2 English muffin	0.5 0.9 0.8 0.8
Fruits & Vegetables * No skins, membranes, pulp or seeds * Vegetables should be well cooked	-15 seedless grapes (red or green), no skin -1 cup fresh cucumber -1 cup cubed watermelon -1/2 cup canned tomatoes -1/2 cup cubed honeydew or cantaloupe melon -1/4 cup applesauce -1/4 cup cauliflower tips or celery -1/4 small banana	0.4 0.5 0.5 0.5 0.5 1.0 0.5 0.5
Bread/Cereal	-1 slice white refined bread -6 Saltine crackers -1 cup puffed rice cereal/Rice Krispies -1 cup Cornflakes	0.4 0.5 0.2 0.5