



LOW RESIDUE DIET

NO SALADS! NO FRUITS!

| Type of Food/Drink | Ok to Eat/Drink | <u>NOT OK</u> to Eat/Drink |
|-------------------------|---|--|
| Beverages | Coffee, Tea, Water, Carbonated Drinks, Juice WITHOUT pulp (Apple juice is OK) | Fruit Juice with Pulp (example: Orange Juice), Vegetable Juice with Pulp (example: V8), Milk (all milk products) |
| Breads/Cereals | All WHITE Breads (Toast, Rolls, Pancakes, Bagels, English Muffins) without additional Nuts, Seeds, or Fruits | All WHOLE Grain Breads, Any Bread with Nuts, Seeds, or Fruits No cereals or oatmeal |
| Meats/Fish/Poultry/Eggs | Well-cooked lean beef, ham, poultry, fish, egg whites | Fried meat/poultry, fatty meat, sausage, or bacon |
| Fruits/Vegetables | Seedless jam or jelly | Any fruit or vegetable. NO SALADS. NO SMOOTHIES. |

NO beans, peas, seeds, or nuts

NO milk products (including cheese or yogurt)