

LOW RESIDUE DIET

FOODS ALLOWED

Milk, limited to 2 cups daily;
Coffee, tea, cocoa made with milk allowance;
Carbonated beverages.

BEVERAGES

BREADS

White, light rye, light wheat, French, Italian
bread; pancakes, muffins, waffles, plain
sweet rolls.

CEREAL & CEREAL PRODUCTS

Refined cooked or dry cereals:
Cream of Rice, Farina, Cornflakes, puffed rice,
Macaroni, noodles, rice.

SOUPS

Boullion, broth, or cream soup made
from allowed vegetables and milk.

MEATS, POULTRY, FISH, EGGS & CHEESE

Tender lean beef, lamb, liver, pork, veal;
chicken, turkey; mild flavored fish or
shellfish; cottage cheese, cream cheese,
mild- flavored cheddar; eggs (except fried)

VEGETABLES

White potatoes without skin, canned or frozen
carrots, beets, asparagus, mashed squash;
other vegetables pureed.

FRUITS

All juices except prune; ripe bananas; canned
soft fruit such as applesauce, fruit cocktail,
peaches, pears, citrus segments.

DESSERTS

Plain cake and cookies; custard, ice cream,
plain pudding, gelatin, sherbet.

FATS

Butter, margarine, cooking fat, oils, bacon,
Cream, cream substitutes, smooth peanut butter,
whipped topping

MISCELLANEOUS

Salt, cinnamon, nutmeg, paprika, flavorings, vinegar,
white sauce; sugar, honey, jelly,
syrup in moderation

FOODS TO AVOID

All others.

Whole grain breads and
rolls; any bread with nuts,
seeds or skins.

Bran, barley, all whole-
grain cereals; brown or
wild rice.

All others.

All fried, pickled or spicy
meats or fish; duck, goose
oysters, clams; other
cheeses

Raw vegetables, sweet
potatoes, and any other
vegetable not listed.

Fresh fruit except
bananas.

Pies, pastry; any dessert
With nuts, raisins, dates,
Coconut

Salad dressing, olives

Pepper, ketchup, mustard,
spicy sauces, jams,
preserves, nuts.