

Low Residue Diet

	Foods Allowed	Foods Excluded
Beverages	Milk, coffee, tea, postum, carbonated beverages and non-carbonated beverages.	Alcoholic beverages.
Breads & Crackers	White, refined whole wheat, rye bread without seeds, melba toast, rusk and zwieback. Saltines, grahams, round, thin and plain crackers.	Cracked wheat bread, those containing nuts, seeds or raisins. Strongly flavored crackers. Crackers containing seeds or nuts.
Cereals & Grains	Cooked cereals, dry cereals except those listed under Excluded. Macaroni, noodles, rice and spaghetti.	Whole grain cereals such as shredded wheat or bran cereals. Whole grain rice.
Cheese	Mildly flavored cheeses such as cottage cheese, American, Colby and Swiss.	Strongly flavored sharp cheese such as Roquefort or Limburger.
Desserts	Plain cakes and cookies, gelatin, custard, pudding, gelatin with allowed fruits, junket, ice cream, ices, sherbet and yogurt without seeds.	Pastries, pies, any dessert containing fruits, nuts or seeds.
Eggs	All except fried.	Fried eggs.
Fats	Butter, margarine, cream, mayonnaise, lard, vegetable oil and vegetable shortening.	All others.
Fruits	<i>Fresh:</i> Avocado and Banana. <i>Canned or cooked:</i> Applesauce, cherries, fruit cocktail, peaches, pears and pineapple. <i>Cooked or canned and peeled:</i> Baked apple, apricots and plums. <i>Pureed:</i> Prunes. All fruit juices.	Raw and dried fruits except those listed under Allowed. Berries, fruits with tough skins such as figs.
Meat, Fish & Poultry	<i>Baked, broiled, creamed, roasted or stewed:</i> tender beef, lean ham, lamb, liver, pork, sweetbreads, veal, fish, chicken and turkey.	<i>Fried, pickled, smoked or tough:</i> meat, fish or poultry. Shellfish, highly seasoned meats such as cold cuts and frankfurters.
Soups	Bouillon, broth or strained cream soup made with allowed foods.	Highly seasoned soups.
Sweets	Sugar, syrup, honey, clear jelly, plain candy, marshmallows or chocolate.	Jam, marmalade, preserves, candy with nuts and seeds.
Vegetables	<i>Cooked or canned:</i> Asparagus tips, beets, carrots, mushrooms, sweet or white potatoes without skin. <i>Pureed:</i> Whole asparagus, green and wax beans, beets, corn, lima beans, pumpkin & spinach. <i>Strained:</i> Tomatoes. All vegetable juices.	Raw fried or dried vegetables. Those not listed under Allowed.
Misc.	Sugar, salt, pepper, seasonings and spices as tolerated. Vinegar, mustard, catsup. Cream and cheese sauces, gravy and smooth peanut butter.	Fried foods, relishes, chips, popcorn and things containing nuts and seeds.