

### LOW RESIDUE DIET

A low residue diet is composed of foods, which are easily digested and readily absorbed, resulting in a minimum of residue in the intestinal tract. Foods which are high in residue are those which are high in roughage or fiber. This list is designed to demonstrate the types of foods in each category but is not all inclusive or exclusive.

#### Foods Included:

- Cheeses: cottage, cream, mild American, cheese sauces with pasta.
- Dairy (if tolerated): milk, ice cream, yogurt, puddings.
- Eggs: soft, baked, boiled or hard, scrambles, poached or soufflé.
- Potatoes: boiled, baked, creamed, and mashed sweet potatoes.
- Pasta: plain macaroni, noodles, spaghetti, etc.
- Meats: boiled or broiled chicken & turkey, well cooked beef, broiled fish.
- Breads: white bread, saltines, Melba toast, milk toast.
- Cereal: cream of wheat, grits, corn flakes, rice krispies.
- Vegetables: tender, well cooked vegetables.
- Fruits: canned, baked or stewed without skins or seeds. Apple sauce, banana.
- Sweets: white sugar, brown sugar, clear jelly, honey, molasses.
- Clear sweet dessert sauces, hard candy, gum drops, chocolate syrup.
- Spices: salt and mild seasonings, cinnamon, paprika, lemon, vanilla.

#### Foods Excluded:

- Cheese with added spices & herbs. Sharp cheese, fried cheese.
- Fried eggs.
- Fried potatoes, potato skins, potato chips, French fries.
- Whole wheat breads or crackers, graham crackers, pretzels, pancakes, waffles, muffins, corn bread, quick breads.
- Whole wheat cereals, bran cereals, shredded wheat, grape nuts, etc.
- Whole grain rice, barley.
- Raw vegetables, vegetables with skins or seeds, whole kernel corn, dried beans and peas.
- Raw fruits, fruits with skins or seeds, raisins, dates, figs, canned plums, berries, fruit cocktail, pineapple, strawberries.
- Candies containing fruit or nuts, jams, marmalade.
- Pepper, chili powder, barbecue sauce, garlic, olives, pickles, popcorn, relishes.