



## Low Residue Diet

1429 North Mount Auburn  
Cape Girardeau, Missouri  
573 334-8870

A low residue diet is one that consists of a daily intake of no more than 10 grams of fiber. While on this diet for an extended period of time it is recommended that a multi-vitamin or mineral supplement be taken daily. This ensures that minerals and vitamins lost while on the low residue diet are replaced.

### Grain products to be eaten while on the low residue diet include:

- Refined white bread, buns and English muffins crackers, chips and pasta with less than 1 gram of fiber per serving (Note: Ideally, look for products with zero grams of dietary fiber per serving.)
- White rice, refined pasta and noodles
- Any fruit and vegetable juice (NO PULP & NO SEEDS) excluding prune juice
- Well cooked tender meats, fish, and eggs can all be eaten
- Milk, yogurt, pudding, ice cream, and cream-based soups and sauces (strained)
- Oil, margarine, butter and mayonnaise
- Smooth salad dressings
- Broth based soups (strained)
- Jelly, honey, and syrup

While consuming a low-residue diet, limit dairy products (such as milk, yogurt, pudding, ice cream, and cream-based soups and sauces) to no more than 2 cups a day.

### Avoid the following:

- Whole grains of any kind, whole-grain breads, cereals and pasta
- Raw and dried fruits, sultanas, raisins, berries
- Broccoli, cauliflower, Brussels sprouts, cabbage
- Whole vegetables and vegetable sauces
- Whole fruits, including canned fruits
- Yogurt, pudding, ice-cream or cream-based soups with nuts or pieces of fruits or vegetables
- Tough or coarse meats with gristle and luncheon meats or cheese with seeds
- Peanut butter
- Salad dressings with seeds or pieces of fruit or vegetable
- Seeds and nuts
- Coconut
- Marmalade