



Low Residue Diet

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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