

Low Fiber/Low Residue Diet

Group	Recommend	Avoid
Milk & Milk Products (2 or more cups daily)	All milk products	Low residue diet- only 2 cups daily of all milk products
Vegetables (2 servings daily) 1 serving= ½ cup	Vegetable juice w/out pulp; the following cooked vegetables: yellow squash (w/out seeds), green beans, was beans, spinach, pumpkin, eggplant, potatoes w/out skin, asparagus, beets, carrots; tomato sauce & paste	Vegetable juices w/ pulp, raw vegetables, cooked vegetables not on the RECOMMEND list
Fruits (2-3 servings daily) 1 serving= ½ cup	Fruit juices w/out pulp, canned fruit except pineapple, ripe bananas, melons, peeled & cooked apples, orange and grapefruit w/out membrane	Fruit juices w/ pulp, canned pineapple, fresh fruit except those on RECOMMEND list, prunes, prune juice, dried fruit, jam, marmalade
Starches- Bread & Grains (4 or more servings daily)	Bread & cereals made from refined flours, pasta, white rice, saltines & tapioca	Whole-grain breads, cereals, rice, pasta, bran, cereal, oatmeal
Meat or meat substitutes (5-6 oz. daily)	Meat, poultry, eggs, seafood, cottage cheese, other mildly flavored cheese	Chunky peanut butter, nuts, seeds, dried beans, dried peas, tough gristly meats, hot dogs, sausage, sardines, fried meats, strongly flavored cheeses
Fats & Oils	All oils, margarine, butter	Coconuts, fats used for deep frying
Sweets & Desserts (servings depend on caloric needs)	All not on AVOID list	Desserts containing nuts, coconut, raisins, seeds
Miscellaneous	All not on AVOID list	Popcorn, pickles, horseradish, relish