Center for Digestive Diseases and Cary Endoscopy Center, PC

LOW RESIDUE DIET
(LOW FIBER DIET)

	Recommended Foods √	Foods to Avoid ✖
Bread, Cereal, Rice and Pasta	• Bread WITHOUT nuts or seeds (sourdough, white) • Waffles, French toast and pancakes • White rice, noodles, pasta • Plain crackers • Low fiber cereals: Rice Krispies, Corn Flakes, Cheerios	• Bread WITH nuts or seeds • Whole wheat bread • Rye bread • Pumpernickel bread • Wheat pasta • Quinoa, barley, buckwheat • High fiber cereals: Granola, Raisin Bran, Oatmeal
Vegetables	• SOFT, WELL COOKED vegetables without seeds or skin • Carrots • Mushrooms • Potato without skin • Yam without skin • Cauliflower • Pureed soups with allowed vegetables • Beets • Wilted spinach • Turnips / parsnips • Butternut squash • Green Beans • Asparagus tips • Vegetables juices	• RAW vegetables with seeds or skins • Broccoli • Celery • Brussel sprouts • Cabbage • Cauliflower • Whole corn and popcorn • Leafy greens • Okra • Peppers • Raw vegetables • Green / Yellow squash
Fruits	• Fruit juice without pulp • Peeled apple, peach, pear • Applesauce • Ripe banana • Cantaloupe, Honeydew • Avocado (small amount) • Peeled peaches or plums • Canned or cooked fruit without seeds or skin	• Fruits with seeds, skin, pulp • Berries • Pineapple • Citrus fruits • Tomatoes • Prunes and prune juice • Figs, dates, rasins or other dried fruit • Grapes • Kiwi • Watermelon

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	Recommended Foods √	Foods to Avoid ✖
Meat and Other Proteins	• Ground or well-cooked chicken or turkey • Ground beef • Lamb, lean pork, veal • Fish and seafood • Eggs • Tofu • Seitan • Creamy nut butters • Whey protein	• Tough or fibrous meats • Beans • Nut butters with fragments of nuts (chunky) • Pea protein
Milk, Dairy, and Non-Diary Alternatives	• Milk • Butter • Cream • Sour Cream • Yogurt • Ice cream • Cheese (hard and soft) • Cottage cheese • Almond milk • Coconut milk • Rice milk • Soy milk • Oat milk	• Yogurt mixed with nuts, seeds, fruit, or granola.
Fats, Snacks, Sweets, Condiments, and Beverages	• Margarine, mayonnaise, oils • Gravy • Clear jelly • Honey and syrup • Spices, bouillon, broth • Coffee and tea • Juices without pulp and carbonated beverages (avoid red / purple colors) • Cakes and cookies • Jello, puddings, sorbet and popsicles • • Ketchup • Mustard	• Popcorn • Jam, marmalade, preserves • Pickles, olives, relish • Desserts that contain nuts, seeds, dried fruit, coconut or are made from whole grains or bran • Candy made with nuts or seeds