

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 = 1/2 cup	vegetable juice without pulp; the following cooked vegetables: yellow squash (without seeds), green beans, wax beans, spinach, pumpkin, eggplant, potatoes without skin, asparagus, beets, carrots; tomato sauce and paste	vegetable juices with pulp, raw vegetables, cooked vegetables not on the Recommend list
Fruits (2-3 servings daily) 1 serving = 1/2 cup	fruit juices without pulp, canned fruit except pineapple, ripe bananas, melons, peeled and cooked apples, orange and grapefruit without the membrane	fruit juices with 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 and 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