

Low Residue Diet: Start _____

Following a low residue diet before beginning your colonoscopy preparation can give a better clean out, allowing a more thorough, complete exam. Please avoid any foods that have seeds, raisins or other dried fruit, and are high in roughage or fiber.

Below are examples of low residue foods and excluded foods:

Type of Food	Allowed Items	Excluded Items (avoid these)
Beverages	Fruit flavored drinks, 2 cups of milk drinks per day, carbonated drinks, coffee, tea	None
Breads/Grains	Refined whole wheat white & rye breads without seeds ; crackers, biscuits, French rolls, hard rolls, white rice, noodles, white pasta	Breads made from whole grain or graham flour, bran, seeds, nuts, raisins, cornbread
Cereals	All refined, cooked or dry cereals, cream of wheat, farina, grits	All cereals made from prohibited flours above.
Cheeses	Cottage, cream, Swiss, muenster, or other mild cheese; 1 oz may be substituted for 1 cup milk	All others
Desserts	Custards, gelatin, puddings, plain cookies, cakes pastry without nuts	All desserts containing seeds, nuts, coconut or raisins or tough skinned fruits
Eggs	All	None
Fats	Crisp bacon, butter, oils, cream or dry cream, margarine, mayonnaise, shortening, smooth salad dressing, sour cream.	Salad dressing made from excluded foods, tartar sauce
Fruits, juices	All juices except prune juice, canned or cooked fruit without seeds, most fresh fruit without seeds	Dried fruits, berries, figs, grapes with seeds, prune juice, watermelon
Meat/Poultry	Any baked, boiled or stewed, without seeds, skinless	Stews with tomato seeds, cured meat with seeds
Vegetables	Potato without skin, cooked or canned asparagus, green or wax beans, carrots, mushrooms, peas, squash, spinach, turnip greens, lettuce	Raw or canned tomatoes, cucumbers, corn
Soups	Cream or broth based soups made with allowed foods	All others