

LOW FIBER / LOW RESIDUE DIET

FOOD CATEGORY	ALLOWED	NOT ALLOWED
Beverages	Coffee, tea, hot chocolate, soda, fruit & vegetable juice without pulp; Less than 2 cups milk/day	No alcohol; No fruit or vegetable juice with pulp; no red or purple
Breads, grains & cereal	White bread, rolls & bagels; Saltines, cheese crackers; Refined dry & cooked cereals including corn flakes, crisp/puffed rice, Cream of Wheat	No whole wheat/whole grain bread, rolls, crackers or cereal; No breads/cereal with bran, oats, seeds, nuts, raisins or dates; No oatmeal
Dairy	Cheese, cottage cheese, plain yogurt, sour cream, buttermilk, cream	No yogurt mixed with granola or berries (or other fruit with skin)
Meats & eggs	Chicken, turkey, fish, seafood, tofu, eggs	No lunch meat, hot dogs, sausage; No spiced/cured meats; No fried, tough, grisly meats
Fats	Butter, cream, mayo, avocado, cooking oils & shortening; creamy peanut/almond butter	No nuts, coconut, spicy salad dressings
Fruits	Ripe, peeled apples, bananas, melon, pears & peaches; cooked/canned fruits without skin/peel/membranes	No raw fruit with seeds, skin, or membranes inc. berries, pineapple, apples, oranges, grapefruit, watermelon, kiwi, pomegranate, dragon fruit
Vegetables	All vegetables must be well-cooked Asparagus, carrots, green/wax beans, mushrooms, pumpkin	Raw vegetables are not allowed No red or golden beets No raw spinach, lettuces or cucumber No corn or peas
Potatoes & starches	Potatoes without skin (white, yellow, sweet & yams), noodles, white rice, hominy	No purple potatoes, fried potatoes, potato skins, whole wheat pasta, brown & wild rice
Legumes & beans	None allowed	None allowed
Nuts & seeds	None allowed	None allowed
Soups	Cream soups made with allowed milk (less than 2 cups/day) & allowed vegetables, broth soups	Soups with more than 2 cups of milk per serving per day
Miscellaneous	White sauce (made from allowed milk), meat gravy, ketchup, mustard, tomato sauce, chocolate, salt, vinegar, lemon juice, ground spices & herbs in moderate amounts	No garlic, ginger, olives, pickles, popcorn, garlic, ginger, horseradish, cayenne, chili powder

CLEAR LIQUID DIET

NO SOLID FOODS. CLEAR LIQUIDS ONLY.

Be sure to drink plenty of clear liquids **with calories** on clear liquid diet days.

THE FOLLOWING ARE APPROVED AND CONSIDERED CLEAR LIQUIDS

- **Sports drinks/Gatorade®/VitaminWater®** No red or purple
- **Fruit juice (no pulp)** Apple, white grape, white cranberry; No red or purple
- **Soda & carbonated beverages** No red or purple
- **Black coffee & tea** No liquid or powdered creamer/milk (dairy/soy/nut/oat); Sugar/sweeteners OK
- **Clear broth/bouillon** Chicken, vegetable, beef flavors
- **Gelatin/Jell-O®** No red or purple
- **Ice pop/Popsicles®** No red or purple
- **Gummy bears** No red or purple
- **Water** Plain, flavored, carbonated; No red or purple

- NO RED**
- NO PURPLE**
- NO DAIRY**
- NO PULP**

IF YOU ARE DIABETIC, AIM FOR 45 GRAMS OF CARBOHYDRATES PER MEAL AND 15-30 GRAMS PER SNACK

Clear liquids with about 15 grams of carbohydrates

- 4oz apple juice, 8oz sports drink, ½ cup gelatin, 2 popsicles/ice pops

Clear liquids with zero carbohydrates

- Black coffee, tea (unsweetened or diet), clear diet soda, seltzer, flavored water, fat-free broth, bouillon or consommé