

## Low Roughage/Low Residue Dietary Recommendations

We recommend that you start a low roughage/low residue diet at least five (5) days prior to your scheduled procedure date. Your physician may adjust the recommended time frame based on your individual medical history.

### Points to keep in mind:

- Avoid whole-grain breads and cereals.
- Avoid any food made with seeds, nuts, or raw or dried fruit.
- Do not eat raw fruits or vegetables. Remove skins before cooking.
- Avoid tough, fibrous meats with gristle.
- Limit fats since these can increase stool bulk.
- Limit milk and milk products to 2 cups a day.

### Foods to Choose

#### Breads, Cereals, Rice, and Pastas

Enriched white bread, rolls, biscuits and muffins  
Waffles, French toast and pancakes  
White rice, noodles, pasta and cooked potatoes (no skin)  
Plain crackers  
Pretzels  
Cooked cereals: Farina, cream of wheat and grits  
Cold cereals: Puffed Rice, Rice Krispies, Corn Flakes and Special K

#### Fruit

Strained fruit juice  
Canned or cooked fruits without skins or seeds  
Applesauce  
Ripe bananas  
Soft cantaloupe and honeydew melon

#### Milk and Dairy Products

Milk, plain or flavored  
Yogurt, custard and ice cream  
Cheese and cottage cheese

#### Vegetables

Strained vegetable juice  
Well-cooked fresh or canned vegetables without seeds such as asparagus tips, green beans, carrots, potatoes (no skin), acorn squash (without seeds), pureed spinach

#### Meats, Poultry, Fish, Dry Beans, Peas and Eggs

Ground, well-cooked, and/or tender- beef, lamb, ham, veal, pork, fish, poultry and organ meats  
Skinless chicken or turkey  
Eggs

#### Fats, Snacks, Sweets, Condiments and Beverages

Margarine, butter, oils, mayonnaise, mustard, sour cream and salad dressings  
Plain gravies  
Sugar, clear jelly, honey and syrup  
Spices, cooked herbs, bouillon, broth and soups made with allowed ingredients  
Coffee, tea and carbonated drinks  
Plain cakes and cookies (such as vanilla wafers or animal crackers)  
Gelatin, plain puddings, custard, ice cream, sherbet, popsicles  
Hard candy

### Foods to Avoid

#### Breads, Cereals, Rice, and Pastas

Breads or rolls with nuts, seeds or fruit  
Whole wheat bread, rolls, pumpernickel bread and combread  
Potatoes with skin, brown or wild rice and kasha/kasha (buckwheat)  
Whole grain cereals, bran cereals, granola-type cereals and cereals with nuts, seeds, coconut or dried fruit  
Whole wheat or other whole grain crackers  
Whole wheat pasta

#### Fruit

Prunes and prune juice  
Raw or dried fruit  
All Berries and raisins

#### Milk and Dairy Products

Yogurt with nuts, seeds, berries or granola

#### Vegetables

Raw or partially cooked (steamed) vegetables  
Vegetables with seeds  
Sauerkraut  
Cooked peas, winter squash, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans and corn

#### Meats, Poultry, Fish, Dry Beans, Peas and Eggs

Tough, fibrous meats with gristle  
Dry beans, peas and lentils  
Chunky peanut butter

#### Fats, Snacks, Sweets, Condiments and Beverages

Nuts, seeds and coconut  
Dried fruit  
Jam, marmalade and preserves  
Pickles, olives, relish and horseradish  
All desserts containing nuts, seeds, dried fruit, coconut or made from whole grains or bran  
Candy made with nuts or seeds  
Popcorn