

LOW RESIDUE DIET

<u>TYPE OF FOOD</u>	<u>FOODS INCLUDED</u>	<u>FOODS EXCLUDED</u>
Beverage	Carbonated beverages (including beer), black coffee, clear tea, decaffeinated coffee, and Postum	*Milk and milk drinks
Bread, crackers	Arrowroot biscuits or cookies, matzoh, Zwieback, melba toast, saltines	All others
Cereals	Rice cereals, such as cream of rice, Rice Krispies, Puffed Rice	All others
Desserts	Plain flavored gelatin, fruit ices (Popsicles)	All others
Fat	Butter, margarine, 40% cream	All others
Fruit	Strained fruit juices	All others
Meat or substitute	Plain, broiled, baked or roasted white meat of chicken, or turkey, whitefish, ground beef patty, ground liver patty; soft or hard cooked or poached egg	Fried: eggs, fish, poultry. All other meats. All cheeses.
Potato or substitute	Polished rice, noodles	All others
Vegetables	None allowed – all are excluded	All
Soup	Clear broth	All others
Sweets	Hard candies, honey, clear jelly, syrup, molasses, sugar	All others
Miscellaneous	Salt	Gravy, herbs, nuts, olives, pickles, popcorn, white sauce, spices, vinegar

*Note: A small amount of milk may be used with the recommended cereals.