

# Low-Residual Diet Guide for Colonoscopy Preparation

TYPE OF FOOD OR DRINK

YES--OK to EAT THESE FOODS

NO--AVOID THESE FOODS

## Milk and dairy



### OK to eat:

- Skim or Low-Fat Milk
- Cheese, including cottage cheese
- Low-Fat Ice cream
- Non-Fat or Low-Fat Yogurt without fruit or seeds
- Sour cream

### NO yogurt mixed with:

- nuts, seeds, granola
- fruit with skin or seeds (such as berries)

## Bread and grains



### OK to eat:

- Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta)
- White rice
- Plain crackers, such as Saltines
- Low-fiber cereal (including puffed rice, cream of wheat, corn flakes)

### NO whole grains or high-fiber:

- Brown or wild rice
- Whole grain bread, rolls, pasta, or crackers
- Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal)
- Bread or cereal with nuts or seeds

## Meat



### OK to eat:

- Chicken
- Turkey
- Lamb
- Lean pork
- Veal
- Fish and seafood
- Eggs
- Tofu

### NO tough meat with gristle

## Legumes



### None allowed

### NO:

- Dried peas (including split or black-eyed)
- Dried beans (including kidney, pinto,

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## Fruits



### OK to eat:

- Fruit juice without pulp
- Applesauce
- Ripe cantaloupe and honeydew
- Ripe, peeled apricots and peaches
- Canned or cooked fruit without seeds or skin

### OK for some if cooked or canned:

- Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips)
- Potatoes without skin
- Cucumbers without seeds or peel

### OK to eat:

- Creamy (smooth) peanut or almond butter

garbanzo/chickpea)

- Lentils
- Any other legume

### NO seeds, skin, membranes; or dried fruit:

- Raw fruit with seeds, skin, or membranes (includes berries, pine apple, apples, oranges, watermelon)
- Any cooked or canned fruit with seeds or skin
- Raisins or other dried fruit

### NO raw, skin, seeds, peel; or certain other vegetables:

- Corn
- Potatoes with skin
- Tomatoes
- Cucumbers with seeds and peel
- Cooked cabbage or Brussels sprouts
- Green peas
- Summer and winter squash
- Lima beans
- Onions

### NO nuts or seeds:

- Nuts including peanuts, almonds, walnuts
- Chunky nut butter
- Seeds such as fennel, sesame,

## Vegetables



## Nuts, nut butter, seeds



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pumpkin, sunflower

## Fats and oils



### OK to eat:

- Butter
- Margarine
- Vegetable and other oils
- Mayonnaise
- Salad dressings made without seeds or nuts

### NO salad dressing made with seeds or nuts

## Soups



### OK to eat:

- Broth, bouillon, consomme, and strained soups
- Milk or cream-based soup, strained

### No:

- Unstrained soups
- Chili
- Lentil soup
- Dried bean soup
- Corn soup
- Pea soup

## Desserts



### OK to eat:

- Custard
- Plain pudding
- Ice cream
- Sherbet or sorbet
- Jell-O or gelatin without added fruit or red or purple dye
- Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts

### NO:

- Coconut
- Anything with seeds or nuts
- Anything with added red or purple dye
- Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts

## Drinks or beverages

### OK to eat:

### NO:

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- Coffee
- Tea
- Hot chocolate or cocoa
- Clear fruit drinks (no pulp)
- Soda and other carbonated beverages
- Ensure, Boost, or Enlive without added fiber

- Fruit or vegetable juice with pulp
- Beverages with red or purple dye

## Other



### **OK to eat:**

- Sugar
- Salt
- Jelly
- Honey
- Syrup
- Lemon juice

### **NO:**

- Coconut
- Popcorn
- Jam
- Marmalade
- Relishes
- Pickles
- Olives
- Stone-ground mustard