

LOW RESIDUE DIET GUIDE

Recommended foods

- White bread, plain bagels, rolls
- White rice, plain pasta, or noodles
- Tender, well-cooked meats (chicken, turkey, beef, pork, or fish)
- Eggs (boiled, poached, or scrambled)
- Canned or well-cooked vegetables without skins or seeds (e.g., carrots, green beans, potatoes)
- Ripe bananas, canned peaches or pears (no skins or seeds)
- Dairy in moderation (milk, yogurt, cheese if tolerated)
- Clear juices (apple, white grape), broth-based soups, and tea

A low-residue diet limits high-fiber foods to reduce undigested material in the gut: the goal is to rest the bowel while maintaining proper nutrition.

Foods to avoid

- Whole grain breads, cereals, or brown rice
- Raw vegetables, salads, or corn
- Fruits with skins or seeds (e.g., apples, berries, oranges, grapes)
- Legumes (beans, lentils, peas)
- Spicy foods or heavily seasoned dishes
- Fried or fatty foods
- Caffeinated or carbonated beverages (if irritating)