

Low-Residue Diet

*A low residue diet is a **low-fiber** diet*

You have been advised to follow a low-residue diet. Certain foods containing fiber normally aid the movement of food and fluid through your gut. This ‘roughage’ adds bulk to the stools and is usually encouraged as part of a healthy diet. However, in preparation for a colonoscopy, it is advisable to avoid these foods, because they can leave behind a ‘residue’ after digestion.

	Foods Allowed	Foods to Avoid
Grain Products	White bread, buns, bagels, English muffins, plain cereals (Cheerios, corn flakes, Rice Krispies), saltines, tea biscuits, white rice, white pasta	Whole grains (wheat bread, brown rice or pasta, oats, barley, buckwheat, shredded wheat, and Kashi).
Fruits	Fruit juices, except prune juice, applesauce, canned fruit, fresh fruit: cantaloupe, honeydew melon, watermelon, peaches, and grapes.	Raw and dried fruits, raisins and berries (Do not eat anything with seeds)
Vegetables	Vegetable juices, potatoes (no skin), well-cooked and tender vegetables such as alfalfa sprouts, beets, greens/yellow beans, carrots, celery, cucumber, eggplant, lettuce, mushrooms, green/red peppers, squash, and zucchini	Cruciferous vegetables such as broccoli, cauliflower, Brussel sprouts, cabbage, kale, swiss chard, etc.
Meat and Protein Choice	Well cooked, tender meat, fish and eggs	Beans and lentils
Nuts and Seeds	None	All nuts and seeds
Dairy	None	All dairy products

Breakfast: Fruit Juice, Tea/Coffee, Eggs (poached, boiled, scrambled), white bread, seedless jam

Lunch: Hamburger/chicken sandwich on seedless bun, French fries/potato chips, fruit cup

Dinner: Tender Meat, poultry or fish, boiled/mashed potatoes or white pasta/rice, soft cooked vegetables

Snacks: chopped/canned fruit, fresh fruit allowed list, plain crackers, Jell-O, popsicles

Remember that the value of the examination will depend on getting a thoroughly clean digestive tract.