

Low Fiber or Low Residue Diet

- Tender Meat, fish and poultry, ham, bacon, shellfish and lunch meat
- Eggs
- Tofu
- Creamy Peanut Butter
- White Rice and Pasta
- White bread, biscuits, pancakes, waffles, saltine crackers and graham crackers
- Cereals that contain less than 2 gms fiber or are made with rice
- Fruit Juice with no pulp
- Tomato Sauce (Plain)
- Dairy products such as cheese, yogurt (without seeds), ice cream

Avoid the following foods!!

- Nuts, seeds, dried fruit and coconut
- Whole grains, popcorn, wheat germ and bran
- Brown or wild rice, oatmeal, granola, quinoa, barley and bulgur
- Dried beans, baked beans, lima beans, peas and lentils
- Chunky peanut butter
- Fruits and vegetables

