



Foods to enjoy when eating a low-residue diet

In general, you will need to avoid high fibre foods, stringy foods and foods with skins and seeds such as:

- nuts
- bean sprouts
- popcorn
- corn
- mushrooms
- coconut

If you are not sure whether a food is safe to eat, then do not have it. Prepare the foods you can eat as described in the chart.

Chew your food very well!

	Foods to Eat	Foods To Avoid
Milk and Milk Products	Fluid milk and milk beverages Cheese such as cottage cheese, hard cheese, Cheese Whiz®, cheese slices, parmesan cheese Cream soups made with recommended ingredients Desserts such as Cool Whip®, puddings, yogurt, sherbet, ice cream	Cheese with seeds Yogurt mixed with fruits with seeds, tough skins or membranes (strawberry, raspberry, blueberry and cherry)
Meat, Fish, Poultry, and Meat Alternatives	Meats prepared by baking, broiling, roasting, poaching, and stewing: fish, poultry, lamb, beef, pork, veal, ham, rabbit, organ meats Shrimp, lobster, crab and other shell fish Eggs (all types) Tofu Well pureed hummus Hot dogs without a skin (most commercial brands) Smooth nut spreads such as smooth peanut butter	Nuts and seeds Beans and lentils Sausages and other processed meats such as bologna with casings or skins European frankfurters and other deli-made wieners Chunky nut spreads such as chunky peanut butter

	Foods to Eat	Foods To Avoid
Vegetables	<p>Well to soft cooked non-stringy vegetables:</p> <p>asparagus (young), beets and beet greens, broccoli, carrots, cauliflower, eggplant (skinless), potato (skinless, white or sweet), parsnips, pumpkin (seedless), rutabagas, squash, turnip, wax beans (canned green or yellow)</p> <p>Tomato paste, skinless and seedless tomato sauce</p> <p>Spaghetti sauce (plain or with ground beef)</p> <p>Vegetable juice (eg. V8® drink)</p> <p>Tomatoes and cucumbers (skinless and seedless)</p> <p>Bottled and roasted red peppers</p>	<p>Raw vegetables such as:</p> <p>bean sprouts, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, corn, coleslaw, cucumber, fiddleheads, lima beans, mushrooms, onions, okra, parsnips, peas, peppers, radish, rutabagas, sauerkraut, spinach, swiss chard, tomato, tossed salad</p> <p>Chinese vegetables such as bok choy, bamboo shoots</p>
Fruits	<p>Fruit juices/drinks, baked apple (peeled), applesauce, banana (ripe)</p> <p>Canned fruit such as: apricots, mandarin oranges, peaches, pears</p> <p>Eat these fruits if the skin, seeds and membranes are removed: apple, apricots, cantaloupe, grapefruit, honeydew melon, mango, nectarines, oranges, papayas, peaches, pears, plums, watermelon</p>	<p>Fruits with seeds, tough skins, or membranes: apple, apricots, blackberries, blueberries, cherries, cranberries, fruit cocktail, grapes, kiwi fruit, pineapple, raspberries, rhubarb, strawberries</p> <p>Dried fruit: apple, apricots, currants, coconut, dates, figs, prunes, raisins, sultanas</p>

Breads and Cereals

Foods to Eat

Any baked goods made from refined flours (white flour) and allowed ingredients:

bagels, biscuits,
bread, buns,
crackers, croissants,
muffins (eg. banana,
apple spice, chocolate),
pancakes,
rolls,
waffles

Low-fiber, cooked and prepared cereals such as:

Cheerios®,
Corn Flakes®,
Cream of Wheat®,
Oatmeal,
Plain Puffs®,
Rice Krispies®,
Special K®

Pasta (fresh or canned) such as:
macaroni, spaghetti, couscous,
fettuccini

White rice and barley (cooked very soft and chewed well)

Foods To Avoid

Coarse whole grain breads which contain fruit, nuts or seeds:

bread and cereals made with whole grain, bran, cracked wheat or pumpernickel flour

Breads, muffins, and cereals containing nuts, seeds, dried fruit, granola mix

Whole wheat pastas

Brown or wild rice

Fats

Butter or margarine,
shortening, lard,
cooking oils,
mayonnaise,
salad dressing (seedless),
sesame butter (tahini)

	Foods to Eat	Foods Not To Eat
Sweets/Snacks	<p>All sugars such as white, brown, icing, maple syrup, corn syrup, molasses, honey</p> <p>Baked goods made with allowed ingredients, eg. donuts, plain cookies, plain cheesecake</p> <p>Chocolate without nuts, cheesies, potato chips, pretzels</p> <p>Caramels, gum drops, jellybeans, hard candy, marshmallows, licorice</p> <p>Seedless jelly and jam</p>	<p>Donuts with raspberry, blueberry, strawberry and cherry filling</p> <p>Pie with fruit filling, cakes with poppy seeds, raisins, chopped nuts, coconut</p> <p>Cookies with nuts or dried fruits</p> <p>Trail mix</p> <p>Jam with seeds or peel (marmalade, strawberry, raspberry, blueberry)</p>
Miscellaneous	<p>Drinks:</p> <ul style="list-style-type: none"> Mineral waters Carbonated beverages Ovaltine® Postum® Gatorade® Alcohol Coffee, tea <p>Pizza (made with allowed ingredients and a thin crust)</p> <p>Popsicles</p> <p>Mild herbs and spices</p> <p>Condiments:</p> <ul style="list-style-type: none"> vinegar ketchup mustard BBQ sauce 	<p>Popcorn</p> <p>Condiments:</p> <ul style="list-style-type: none"> pickles chutney olives
To help decrease gas production, avoid chewing gum and allow carbonated beverages to go flat and avoid using a straw.		