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LOW RESIDUE/ LOW FIBER DIET

A low-residue diet may be prescribed to reduce the size and number of stools, such as after gynecologic surgery or in preparation for a procedure such as a colonoscopy. The terms "fiber" and "residue" may be used interchangeably. But technically, they're not the same thing. Fiber is the undigested part of plants that remains in the intestinal tract and contributes to stool. Residue includes fiber and any other foods that may increase stool output. Adapted from University of Virginia.

FOODS RECOMMENDED:	FOODS TO AVOID:
<p>BREADS/GRAINS Refined breads, toast, rolls, biscuits, muffins, crackers, pancakes, and waffles. Enriched white or light rye bread or rolls. Saltines, melba toast Refined ready-to-eat cereals such as puffed rice and puffed wheat Cooked refined wheat, corn, or rice cereal Strained oatmeal, grits and farina Refined cold cereals made from rice, corn or oats (Rice Krispies[®], Cornflakes[®], Cheerios[®]) White rice, refined pasta, macaroni, noodles</p> <p>VEGETABLES: Most tender cooked and canned vegetables without seeds such as carrots, beets, green or waxed beans, pumpkin, spinach, squash (acorn) without seeds, potato (no skin), pureed or cooked strained lima beans, and peas (no skin)</p> <p>FRUITS: Most canned or cooked fruits, fruit cocktail, avocado, canned applesauce, apricots, peaches, pears (all without skin and seeds), pureed plums and ripe bananas Strained fruit juice</p>	<p>BREADS/GRAINS Any bread product made with whole-grain flour or graham flour, bran, seeds, nuts, coconut, or raw or dried fruit, cornbread, and graham crackers Any whole-grain, bran, or granola cereal, oatmeal and cereal with seeds, nuts, coconut or dried fruit Bran, barley, brown and wild rice</p> <p>VEGETABLES: Raw vegetables and vegetables with seeds, sauerkraut, winter squash, and peas</p> <p>FRUITS: Raw or dried fruit, all berries Prune juice</p>

FOODS RECOMMENDED:	FOODS TO AVOID:
<p>MILK/DAIRY: Avoid altogether if Lactose Intolerant Milk, mild cheese, cottage cheese Yogurt (no berries) Ice Cream (no fruit or nuts) *limit milk/milk products to 2 cups per day</p> <p>MEAT: Ground or well-cooked, tender beef, lamb, ham, veal, pork, fish, shellfish, poultry (no skin), and organ meats Eggs Smooth peanut butter</p> <p>FAT/SNACKS: Margarine, butter, vegetable oils, mayo, cream substitutes, crisp bacon, plain gravies, and salad dressings Chocolate Broth, strained cream soups (no corn) made with allowed ingredients</p> <p>MISCELLANEOUS: Salt, soy sauce, ketchup Mild spices in moderation, white sauce Sugar, honey, jelly, syrup Lemon juice, vinegar, vanilla and other flavoring extracts Coffee, tea, carbonated beverages and fruit drink (w/o pulp)</p>	<p>MILK/DAIRY: Yogurt containing fruit skins or seeds</p> <p>MEAT: Tough fibrous meats with gristle, shellfish with tough connective tissue Meats prepared with whole-grain ingredients, seeds, or nuts Dry beans, legumes, peas and lentils Chunky peanut butter Raw clams and oysters</p> <p>FATS/SNACKS Any made with whole-grain flour, bran, seeds, nuts, coconut, or dried fruit Nuts, seeds, and popcorn Raisins, seeds, seed spices, pickles, olives, nuts, spicy mustards, and relish Highly spiced salad dressings Jam or marmalade with nuts and seeds</p> <p>MISCELLANEOUS: Beverages and gelatins that are red or purple in color up to 24hrs. prior to procedure</p>