



## LOW RESIDUE (BOWEL MOVEMENT) DIET

### Foods to Eat

- White bread, refined pasta, cereals and white rice
- Limited servings of canned or well-cooked vegetables that do not include skins
  - Fresh fruits without peels or seeds or well-cooked fruits
  - Tender, ground and well-cooked meat, fish, eggs and poultry
- Milk and yogurt (usually limited to 2 cups per day), mild cheese, ricotta and cottage cheese
  - Butter, mayonnaise, vegetable oils, margarine, plain gravies and dressings
    - Broth and strained soups
    - Pulp free, strained or clear juices

### Foods Not to Eat

- Whole grain breads and pastas, corn bread or muffins, products made with whole grain or bran
  - Strong cheeses, yogurt containing fruit skins or seeds
    - Raw vegetables, except lettuce and other leaves
      - Tough meat, meat with gristle
        - Crunchy peanut butter
      - Millet, buckwheat, flax and oatmeal
        - Dried beans, peas, and legumes
      - Dried fruits, berries, other fruits with skin or seeds
  - Chocolate made with cocoa powder (white chocolate has no fiber)
    - Food containing whole coconut
      - Juices with pulp
    - Spicy food and dressings, pepper and hot sauces
      - Caffeine
      - Popcorn
      - Nuts and seeds