



Department of Gastroenterology
484 Golden Autumn Way Suite 201
Bowling Green, KY 42103
Phone: (270) 781-5111 Fax: (270) 780-0475
www.gravesgilbert.com/departments/gastroenterology

Low-Fiber / Low-Residue Diet

MILK & MILK PRODUCTS – (2 cups daily)

Foods Allowed: ● all milk products

VEGETABLES – (2 servings daily) 1 serving = ½ cup

Foods Allowed: ● vegetable juice without pulp

The following cooked vegetables: ● yellow squash (without seeds) ● green beans ● wax beans
● spinach ● pumpkin ● pumpkin ● eggplant ● potatoes without skin ● asparagus ● beets
● carrots ● tomato sauce and/or paste

Foods to Avoid: ● vegetable juices with pulp ● raw vegetables ● cooked vegetables not on the

Foods

Allowed list

FRUITS – (2-3 servings daily) 1 serving = ½ cup

Foods Allowed: ● fruit juices without pulp ● canned fruit (except pineapple) ● ripe bananas
● melons ● peeled and cooked apples ● orange and/or grapefruit (without the membrane)

Foods to Avoid: ● fruit juices with pulp ● canned pineapple ● prunes ● prune juice

● dried fruit ● jam ● marmalade ● fresh fruit except those not on the **Foods Allowed** list

STARCHES – BREAD & GRAINS – (4 or more servings daily)

Foods Allowed: ● bread and cereals made from refined flours ● pasta ● white rice
● saltines ● tapioca

Foods to Avoid: ● whole-grain breads ● cereals ● rice ● pasta ● bran cereal
● oatmeal

MEAT OR MEAT SUBSTITUTES – (5-6 oz daily)

Foods Allowed: ● meat ● poultry ● eggs ● seafood ● cottage cheese ● other mildly flavored
Cheeses

Foods to Avoid: ● chunky peanut butter ● nuts ● seeds ● dried beans ● dried peas

● tough gristly meats ● hot dogs ● sausages ● sardines ● fried meats ● strongly flavored
cheeses



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Low-Fiber / Low-Residue Diet

FATS AND OILS – (serving depends on individual caloric needs)

Foods Allowed: ● all oils ● margarine ● butter

Foods to Avoid: ● coconut ● fats used for deep frying

SWEETS AND DESSERTS – (serving depends on individual caloric needs)

Foods Allowed: ● all except those on the **Foods to Avoid** list

Foods to Avoid: ● desserts containing nuts ● coconut ● raisins ● seeds

MISCELLANEOUS

Foods Allowed: ● all except those on the **Foods to Avoid** list

Foods to Avoid: ● popcorn ● pickles ● horseradish ● relish