



Alabama
Colon &
Gastro, P.C.

STARTING 3 DAYS PRIOR FOR 2 FULL DAYS YOU WILL BE ON A LOW RESIDUE DIET

****LOW RESIDUE DIET****

FOOD GROUP	FOODS ALLOWED	FOODS EXCLUDED
<i>Breakfast Cereals</i>	Farina, cream of rice, grits, oatmeal, ready to eat cereals, from corn, rice, or white flour	Whetena, rolled wheat, bran cereals (including bran flakes, granola, grape nuts, oat bran, 100% bran, puffed wheat, shredded wheat, wheat bran, wheat germ)
<i>Desserts</i>	Fruit and vegetable pies without skins or seeds (e.g. apples, pumpkin, banana)	Cakes, pies, cookies, pudding containing dried fruit, fruit skins or seeds, coconut, nuts, seeds
<i>Fats</i>	Bacon, butter, cream, cream substitutes, margarine, mayonnaise, oils, shortening, salad dressing, sour cream	Nuts, seeds
<i>Fruit Juices</i>	ALL	NONE
<i>Fruits</i>	Bananas, applesauce Canned: peeled apricots, Royal Anne cherries,	
<i>Meat, Fish, Cheese, Eggs</i>	ALL	NONE
<i>Legumes</i>	NONE	ALL legumes: chickpeas, lima beans, black eyed peas, kidney beans, pinto beans, baked beans, etc. Peanut Butter
<i>Soup</i>	Meat, rice, noodle soups, soups made from ALLOWED vegetables	Minestrone soup, bean, pea, and lentil soups
<i>Sugar & Sweets</i>	All except those containing foods excluded, Cranberry sauce, seedless	Candy containing fruits, nuts, or coconut, Jam, marmalade, relishes containing seeds, or skins
<i>Vegetables & Vegetable Juices</i>	Mushrooms (raw or cooked), Tomato/vegetable juice, Tomato sauce, Cooked asparagus, beets, carrots, spinach, green and wax beans, zucchini, white potatoes without the skins	Broccoli, Corn, Mixed vegetables, Skins of Potatoes, Succotash (also see Legumes), Most Raw Vegetables
<i>Miscellaneous</i>	Ketchup, spices, herbs, seasonings	Pickles