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Prep Instructions

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LOW RESIDUE DIET

A low residue diet is low in fiber, fat, and food that may irritate the gut. A low residue diet is appropriate for a variety of patients, including individuals with diverticulitis, gastroparesis, and inflammatory bowel disease. Foods high in fat and fiber are particularly challenging for a gut that needs rest or a stomach that won't empty, which is why they are limited in this diet.

POINTS TO KEEP IN MIND:

- Avoid any food made with raw or dried fruit.
- Avoid whole-grain breads and cereals.
- Purchase products made from refined flour
- Do not eat raw fruits or vegetables. Remove skins before cooking.
- Limit fats since these can increase stool bulk and slow gastric emptying.
- Avoid tough, fibrous meats that are difficult to chew.
- Avoid nuts, popcorn, seeds and granola.

	FOODS TO CHOOSE (smooth texture, low fiber/fat)	FOODS TO AVOID (rough texture, high fiber/fat)
Milk & Dairy	Milk, plain or flavored (lactose free if best) Yogurt, custard Lactose free ice cream or cottage cheese Hard cheeses of any kind	Yogurt with nut clusters, granola, dried fruit
Fruit	Fruit juice, any kind Canned or cooked fruit without skins Ripe bananas, soft cantaloupe or melon	Prunes Raw or dried fruit All berries and raisins
Vegetables	Vegetable juice Well cooked vegetables (steamed, boiled or canned without skins)	Raw or undercooked vegetables Lettuce and salad vegetables
Breads, Cereals, Rice and Pasta	Enriched white bread, rolls, low fat biscuits Low fat muffins White rice, pasta, and noodles Cooked potatoes (no skins) Plain crackers Cooked cereals (Cream of Wheat, rice or oatmeal) Flakes, puffed-rice (3gm or less fiber per serving)	Breads or rolls with nuts, seeds or fruit Whole wheat/whole grain bread Potatoes with skin Brown or wild rice Buckwheat Whole grain, bran, and granola-type cereals with nuts, seeds or dried fruit.
Meat & Other Proteins	Ground or well-cooked and tender beef, lamb, ham, veal, pork, fish, poultry or organ meats Eggs Smooth peanut butter/almond butter	Tough, fibrous meats that are difficult to chew Dry beans, peas, or lentils Nuts, all types Crunchy peanut butter
	FOODS TO CHOOSE (smooth texture, low fiber/fat)	FOODS TO AVOID (rough texture, high fiber/fat)
Snacks &	Margarine, butter, oils, mayonnaise, sour cream and salad dressings (moderate amt 1-2 Tbsp) Sugar, jelly, jam, honey and syrup Spices, cooked herbs, bouillon, broth and soups	Nuts All desserts containing nuts, seeds, dried fruits, or made from whole grains or bran Candy made with nuts

made with allowed ingredients	Popcorn
Coffee, tea	
Plain cakes and cookies	
Gelatin, plain puddings, custard, ice cream, sherbert	
and popsicles	
Hard candy, pretzels	