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Low Residue Diet

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- ✓ **Review these instructions as soon as you receive them to avoid cancellation**

What a Low Residue Diet Is:

- ✓ A low-residue diet gives your stomach and intestines a rest
- ✓ "Residue" means part of food your body cannot fully break down which becomes stool
- ✓ Eating low-residue foods means less fiber, less fat, and less irritation for your stomach and intestines

This diet is often used for people who are:

- ✓ Getting ready for a colonoscopy or EGD
- ✓ Having stomach pain or trouble digesting food
- ✓ Living with diverticulitis, gastroparesis, or inflammatory bowel disease (IBD)

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 and, if skin, remove any 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

Low Residue Foods to Choose:

Milk & Dairy: (note: if dairy upsets your stomach, choose lactose-free options)

- Milk, plain or flavored
- Yogurt without fruit or custard
- Hard cheese of any kind
- Ice cream or cottage cheese

Fruits:

- Bananas or soft cantaloupe or melon
- Applesauce
- Canned peaches or pears without skins
- Fruit juice without pulp

Vegetables:

- Well-cooked carrots, green beans, squash (steamed, boiled, canned) without skin
- Cooked potatoes without skin
- Vegetable juice without pulp

Breads, Cereals, Rice and Pasta:

- Enriched white bread, rolls, low fat biscuit, low fat muffins
- White rice, pasta, and noodles
- Plain crackers
- Cooked cereals (Cream of Wheat, rice or oatmeal)
- Flakes or puffed rice (3gm or less fiber per serving)

Meat & Other Proteins:

- Ground & well-cooked & tender beef, lamb, ham, veal, pork, fish, poultry or organ meats
- Eggs
- Smooth peanut butter/almond butter

Snacks and Other:

- Margarine, butter, oils, mayonnaise, sour cream & salad dressings (1-2 tablespoons)
- Jell-O & popsicles (no fruit pieces)
- Plain crackers & pretzels
- Sugar, jelly, jam, honey & syrup
- Spices, cooked herbs, bouillon, clear broth & soups made with allowed ingredients
- Hard candies
- Coffee, tea

High Residue Foods to Avoid:

Milk & Dairy:

- ✗ Yogurt with nuts, granola & dried fruit

Fruit:

- ✗ Prunes
- ✗ Raw or dried fruit
- ✗ All berries and raisins

Vegetables:

- ✗ Raw or undercooked vegetables
- ✗ Lettuce and salad vegetables

Breads, Cereals, Rice and Pasta:

- ✗ Breads or rolls with nuts, seeds or fruit
- ✗ Whole wheat or 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:

- ✗ Tough, fibrous meats that are difficult to chew
- ✗ Dry beans, peas or lentils
- ✗ Nuts - all types
- ✗ Crunchy peanut butter

Snacks & Other Foods:

- ✗ Nuts
- ✗ All desserts containing nuts, seeds, dried fruits, or made from whole grains or bran
- ✗ Candy made with nuts
- ✗ Popcorn

Additional Notes:

Scheduler: