

## Low Residue/Low Fiber Diet

1. Avoid all raw fruits and vegetables.
2. Avoid foods with seeds, skins, peelings, or added fiber.
3. No fiber supplements.
4. No laxatives.

### Foods Allowed

1. White Bread, Plain Rolls
2. Saltine Crackers
3. Cream of Rice, Oatmeal
4. Pasta, White Rice,  
Potatoes
5. Meat of any kind
6. Fish
7. Chicken

### Foods to Avoid

1. Whole Grain Breads
2. Bran Cereals
3. Sweet Potatoes
4. Wild Rice
5. Brown Rice
6. Beans/Legumes
7. Popcorn

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