

LOW RESIDUE DIET

BREAKFAST

Cooked cereals only
No dairy products except butter or powdered milk
Eggs (soft boiled or poached only)
Toast (white bread made with unbleached flour)
Honey for sweetener (no white sugar or substitutes such as NutraSweet or Saccharin)
Butter is permissible at one or two pats (no margarines or other butter substitutes)
Pancakes are permissible if made with soy mix

LUNCH

Lettuce and tomatoes (as much as desired)
Turkey or fish (fresh, not canned)
Any puree soup desired
Any cooked vegetable(s)
No bread or dessert

DINNER

Fresh red meat (lean) no more than three times per week (broiled or baked not fried)
Fresh fish or fowl (broiled or baked, not fried)
Any cooked fruit or vegetable as desired
Bread -- one or two slices

ADDED INFORMATION:

All fruits must be steamed, not raw
All vegetables must be steamed, not raw (except lettuce and tomatoes)
No salad dressings
Drinks should be warm or cool, no very hot or very cold drinks are allowed
Herbal tea(s) are best to provide liquid in addition to water
Drink *at least* 6 full glasses of pure water per day