

## LOW RESIDUE DIET

Low residue diet will minimize the amount of faeces in the bowel, which will help with your bowel preparation. It is recommended that you stick to this diet three to five days before your colonoscopy.

<b>FOOD GROUP</b>	<b>RECOMMENDED</b>	<b>NOT RECOMMENDED</b>
Bread/cereal group	<ul style="list-style-type: none"> <li>• white bread or toast &amp; buns</li> <li>• cornflakes, rice bubbles or strained cooked rolled oats, semolina</li> <li>• plain cake and biscuits made with white flour</li> <li>• pasta (macaroni, noodle and spaghetti)</li> </ul>	<ul style="list-style-type: none"> <li>• wholemeal, brown or rye bread</li> <li>• rolled oats, museli, Weet-bix (cereals made up with whole grain)</li> <li>• fruit cake</li> <li>• biscuits, buns and cakes made with wheatmeal, coconut or dried fruit</li> </ul>
Fruit/Vegetable group	<ul style="list-style-type: none"> <li>• mashed potato, pumpkin, marrow and zucchini (no seeds)</li> <li>• purred peas, green beans, spinach and carrots</li> <li>• seedless tomatoes</li> <li>• asparagus tips</li> <li>• vegetable juices (no pulp)</li> <li>• ripe bananas; cooked, stewed or pureed fruits (no seeds) ie. peaches, pears, apples, apricots, citrus (without membrane)</li> <li>• avocado (ripe)</li> <li>• fruit juices (not prune juice) without pulp</li> </ul>	<ul style="list-style-type: none"> <li>• other vegetables and fruits, seeds and skins</li> <li>• strongly flavoured vegetables such as brussel sprouts, cabbage, cauliflower, cucumber, onion, radish, turnips, beans and peas</li> <li>• dried fruits (dates, sultanas)</li> </ul>
Protein Group and Milk	<ul style="list-style-type: none"> <li>• mild, soft cheese</li> <li>• cottage cheese</li> <li>• cream cheese</li> <li>• eggs (except fried)</li> <li>• meats – very tender beef, lamb, veal, poultry, fish</li> <li>• milk – in any form including soy milk</li> </ul>	<ul style="list-style-type: none"> <li>• fried eggs</li> <li>• tough meat with fat</li> <li>• salted/smoked meat/fish</li> <li>• nuts, seeds</li> <li>• dried beans &amp; peas and fibre</li> <li>• milk – if temporarily lactose intolerance to no more than ½ a cup at once</li> </ul>
Vegetable protein	<ul style="list-style-type: none"> <li>• Sanitarium canned products: BBQ links, Bologna, Casserole Mince, Nutmeat, Nutolene, Swiss Rounds, Tender bits, Vegecuts, Vegelinks, Rediburger, Vegetarian Sausages. Misc: Tofu, Gluten Steaks</li> </ul>	<ul style="list-style-type: none"> <li>• Sanitarium: Lima Beans, Savory Pie, Soya Beans, Savory Brown Lentils</li> </ul>
Fat group	<ul style="list-style-type: none"> <li>• Butter, cream, margarine, vegetable oils</li> </ul>	<ul style="list-style-type: none"> <li>• Fried foods</li> </ul>
Miscellaneous	<ul style="list-style-type: none"> <li>• Salt, mild seasoning and spices in moderation, gravy, cream sauces</li> <li>• Strained cream or vegetable soups, broth</li> <li>• Sugar, syrup, plain jam, honey, plain lollies without fruit or nuts. Use in moderation</li> </ul>	<ul style="list-style-type: none"> <li>• Pepper, hot spices</li> <li>• Olives, pickles, relishes</li> <li>• Fatty or highly seasoned soups</li> <li>• Marmalade, chocolate, jam</li> </ul>