



Indiana University Health

LOW RESIDUE DIET

A low residue diet is composed of foods which are easily digested and readily absorbed, resulting in a minimum of residue in the intestinal tract. Foods which are high in residue are those which are high in roughage or fiber. This list is designed to demonstrate the types of foods in each category but is not all inclusive or exclusive.

Foods To Include:

- Cheeses: cottage, cream, mild American, cheese sauces with pasta.
- Dairy (if tolerated): milk, ice cream, yogurt, puddings.
- Eggs: soft, baked, boiled or hard. Scrambled, poached or souffle.
- Potatoes: boiled, baked, creamed, mashed. Sweet potatoes.
- Pasta: plain macaroni, noodles, spaghetti, etc.
- Meats: boiled or broiled chicken & turkey, well cooked beef, broiled fish.
- Breads: white bread, saltines, melba toast, milk toast.
- Cereal: cream of wheat, grits, cornflakes, rice krispies.
- Vegetables: tender, well cooked vegetable.
- Fruits: canned baked or stewed without skins or seeds. Apple sauce, banana. Sweets: white sugar, brown sugar, clear jelly, honey, molasses, sweet dessert, sauces, hard candy, gumdrop, chocolate syrup.
- Spices: salt and mild seasonings, cinnamon, paprika, lemon, vanilla.

Foods To Exclude:

- Cheese with added spices and herbs. Sharp cheese, fried cheese.
- Fried eggs.
- Fried potatoes, potato skins, potato chips, french fries.
- Whole wheat breads or crackers, graham crackers, pretzels, pancakes, waffles, muffins, corn bread, quilick-breads.
- Whole wheat cereals, bran cereals, shredded wheat, grapenuts, etc.
- Whole grain rice, barley
- Raw vegetables, vegetables with skins or seeds, whole kernel corn, dried beans and peas,
- Raw fruits, fruits with skins or seeds, raisins, dates, figs, canned plume, berries, fruit cocktail, pineapple, strawberries.
- Candies containing fruit or nuts, jams, marmalade
- Pepper, chili powder, barbecue sauce, garlic, olives, pickles, popcorn, relishes.

Digestive and Liver Disorders
Neurogastroenterology and Motility Center

IU Health University Hospital
550 N University Boulevard, Room 2180
Indianapolis, IN 46202

Motility Nurse (317) 948-4601
Clinic Scheduling (800) 486-6124
Motility Lab (317) 948-8137
Procedure Scheduling (317) 944-8586

Sample Menu of Low Residue Diet:

1/2 cup strained orange juice
1/2 cup grits
1 soft cooked egg
1 slice white bread
1/2 cup milk
coffee or tea

3 oz. broiled chicken
1/2 cup white rice
1/2 cup asparagus tips
1 slice white bread
1/2 cup applesauce
1/2 cup milk
coffee or tea

3 oz. roast beef
1 baked potato (no skin)
1/2 cup cooked carrots
1 slice white bread
1 cup milk
1/2 cup canned apricots
coffee or tea

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