



LOW RESIDUE DIET

FOODS ALLOWED ON LOW RESIDUE DIET

- **WHITE** bread, rolls, bagels and english muffins (no wheat or whole grain)
- **WHITE** rice, regular pasta, noodles & macaroni (no wheat or whole grain)
- Potatoes - baked/boiled and mashed, white and sweet without skin
- White soda crackers, tea biscuits and plain white melba toast
- Cereals such as Cream of Wheat, Rice Krispies and Special K (no grain cereals)
- Pancakes & waffles made from white flour
- Tender meat, poultry & fish (should completely dissolve in your mouth, not tough or chewy)
- Eggs & tofu
- **Creamy** peanut butter – up to 2 tablespoons daily
- Milk and dairy foods made from milk (such as yogurt, pudding, ice cream, cheeses & sour cream)
Limit: 2 cups daily (including any used in cooking)
- Butter, margarine, oils & salad dressings without seeds
- Desserts with no whole grains, seeds, nuts, raisins or coconut

DO NOT EAT ANY OF THE FOLLOWING FOODS 2 DAYS PRIOR TO YOUR PROCEDURE

If you consume any of the following foods, your prep will not be sufficient, your doctor will not be able to perform a good exam and colon cancer can be missed! However, if you forget and eat one of these foods you do not need to call the office, just resume the diet as instructed and try to follow it as closely as possible. Your prep will just be working harder to clean out your colon.

- **Whole-wheat or whole-grain breads, cereals, & pastas**
- **Brown or wild rice; other whole grains such as oats, kasha, barley & quinoa**
- Dried beans, peas, & lentils
- **ALL FRUITS AND VEGETABLES – RAW, COOKED OR DRIED**
 - Do not eat any of the following: spinach, kale, lettuce, green beans, brussel sprouts, broccoli, collard greens, peas, cauliflower, corn, apples, grapes, bananas, strawberries, raspberries, cherries, blueberries, watermelon, cantaloupe, mangos etc.
 - This is **ONLY** a partial list of examples
- **Seeds & nuts, and foods containing them, coconut, popcorn & corn, prune juice**

CLEAR LIQUID DIET & FULL LIQUID DIET

CLEAR LIQUID DIET: Water, Gatorade, chicken broth (no noodles or rice), jello (no fruit), popsicles (no purple, green or red; prefer yellow or orange), 7UP or Sprite (no Coke or dark colored colas), hot or cold tea, NO coffee, NO milk products, no liquids that are purple, green or red

FULL LIQUID DIET: Milk, milk shakes and ice cream and all clear liquids.

TO WATCH AN INSTRUCTIONAL VIDEO WITH MORE DETAILS ABOUT YOUR PREP

VISIT OUR WEBSITE AT www.GandhiGI.com

