

**Low-residue and clear liquid diets**

Below is a guideline of foods you can eat while following a low-residue diet before your procedure, as well as a list of clear liquids for that stage of the prep. In general, avoid anything tough or fibrous, and anything with whole grains, nuts, seeds, skins or red dye

**IMPORTANT!**

A low residue diet will help you get the best results from your bowel prep. If you aren't sure if a food is low-residue, it is best to skip it while you are preparing for your procedure.

Food group	Foods allowed	Foods to avoid
<b>Milk &amp; Dairy</b>	Milk, soy or nut milks (as long as they aren't gritty) ice cream, yogurt, cheese	<b>No</b> dairy product with pieces of nuts, seeds or fruit in it
<b>Beverages</b>	Coffee, tea, soda, juices with no pulp, Kool- Aid (without red dye), Boost, Ensure or other nutritional supplements without added fiber	<b>No</b> drinks with pulp, seeds, added fiber or prune juice
<b>Breads, cereals &amp; starches</b>	Any refined breads including English muffins, pita, biscuits, muffins, crackers, pancakes, waffles, Cheerios, Cornflakes, Rice Krispies, white rice, refined pastas	<b>No</b> whole grains, oatmeal, granola, anything with seeds or nuts, corn bread, graham crackers, brown or wild rice, potato skins, quinoa
<b>Fruits</b>	Canned or cooked fruit without skins or seeds, apple sauce, ripe bananas, jellied cranberry sauce	<b>No</b> raw fruits (except ripe bananas), canned pineapple, oranges, mixed fruit, dried fruit, whole cranberry sauce, avocado
<b>Vegetables</b>	Tender, well-cooked canned or frozen vegetable with no seeds or skins, such as peeled carrots or beets, strained vegetable juice or tomato sauce	<b>No</b> raw vegetables or any cooked that are tough or fibrous such as broccoli, asparagus, spinach, etc.
<b>Meat &amp; meat substitutes</b>	Cooked tender fish, poultry, beef, pork, eggs, tofu, smooth nut butters	<b>No</b> gristle, cold cuts or sausages, any meat substitute made with whole grains, seeds or pieces of nuts, beans, peas or lentils
<b>Miscellaneous</b>	Salt, sugar, ground or flaked spices, chocolate, any liquid or smooth condiment such as ketchup, soy sauce, mayo or jelly (but not jam or preserves)	<b>No</b> pepper, seed spices or other seeds, nuts, popcorn, pickles, olives

**CLEAR LIQUID DIET: STAY HYDRATED AND DRINK LOTS OF CLEAR LIQUIDS THROUGHOUT THE DAY!**

**When you reach the clear liquid stage of your prep, you may only have:** water; light-colored sodas; tea or coffee (black only- no cream or milk); clear juices, Gatorade or other sports drinks (no red dye) chicken, beef, and vegetable broths; bouillon; Jell-O (no red Jell-O); and popsicles (no red popsicles).

No solid foods. No hard candy or gum, no drinks with red dye, no dairy, no juices with pulp, no alcohol.