

Examples of Appropriate Foods to Eat the Day Before Your Procedure¹⁻⁴

Food Type	 Eat/Drink	 Avoid
 <p>Grains</p>	<ul style="list-style-type: none"> • Breads and other baked goods made from refined white flour • Cold cereals made from refined flours, such as cornflakes and toasted rice cereal • White rice, noodles, refined pasta 	<ul style="list-style-type: none"> • Whole grain breads and baked goods • Whole grain cereals such as bran flakes • Brown rice, whole wheat pasta, and other whole grain foods
 <p>Fruits</p>	<ul style="list-style-type: none"> • Fruit juices without pulp, except prune juice • Soft fruits such as bananas and melons • Canned or well-cooked fruit 	<ul style="list-style-type: none"> • Juices with pulp or seed, prune juice • Dried fruits, berries • Coconuts, popcorn
 <p>Vegetables</p>	<ul style="list-style-type: none"> • Vegetable juices without pulp • Potatoes without skin • Canned or well-cooked vegetables 	<ul style="list-style-type: none"> • Juices with pulp or seed • Potato skins
 <p>Meat, Other Protein</p>	<ul style="list-style-type: none"> • Well-cooked tender meat, fish, poultry, eggs 	<ul style="list-style-type: none"> • Tough meat, meat with gristle • Beans, peas, legumes, nuts
 <p>Dairy</p>	<ul style="list-style-type: none"> • Soft, mild cheeses • Plain yogurt 	<ul style="list-style-type: none"> • Milk or creamer • All dairy if lactose intolerant • Strong cheeses • Yogurt or cheese containing nuts, berries, raw fruit
 <p>Oils</p>	<ul style="list-style-type: none"> • Vegetable oils, margarine, butter 	<ul style="list-style-type: none"> • Fried foods

References: **1.** Atlantic Coast Gastroenterology Associates. Low fiber/low residue diet. Atlantic Coast Gastroenterology Associates website. <http://www.atlanticcoastgastro.com/low-fiber-low-residue-diet.html>. Accessed March 5, 2019. **2.** WebMD. Should you try a low-residue diet? WebMD website. <https://www.webmd.com/ibd-crohns-disease/low-residue-diet-foods#1-2>. Reviewed October 9, 2018. Accessed March 5, 2019. **3.** Great Western Hospitals. Low Residue Diet. <https://www.yumpu.com/en/document/read/22128541/low-residue-diet-the-great-western-hospital>. Reviewed May 2014. Accessed March 5, 2019. **4.** Medline Plus. Low fiber diet. <https://medlineplus.gov/ency/patientinstructions/000200.htm>. Updated and reviewed July 14, 2018. Accessed March 5, 2019.