

# Examples of Appropriate Foods to Eat the Day Before Your Procedure<sup>1-4</sup>

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

**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.