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Low Residue/Low Fiber Diet

Limit your food intake to this list, from waking until 3:00 pm, the day before your procedure. After 3:00 pm, limit your intake to the Clear Liquids list only.

Breads and Starches:

White bread, roll, biscuit
White rice or noodles
Plain crackers
Potato roll
Skinless cooked potato
Pretzels
Puffed rice, crispy rice cereal

Meat:

Skinless chicken
Skinless turkey
Fish or seafood (baked, not breaded)

Fruit:

Applesauce
Soft honeydew or cantaloup
Canned fruit without seeds or skin
Ripe banana

Vegetables:

Cooked or canned vegetables without seeds (eg. Green beans or potatoes-no skin; NO CARROTS)

Desserts:

Vanilla wafers
Sherbet
Animal Crackers

Other:

Eggs
Chicken noodle soup without vegetables
Margarine, mayonnaise, mustard
All items included on List of Clear Liquids