



810 Valley View Blvd. Altoona, PA 16602 (814) 946-5469

LOW RESIDUE DIET

FOODS ALLOWED

Fruits

Orange, grapefruit, grape or pineapple juice,
Cooked apples, peaches, pears, ripe banana.

Cereals

Cooked and strained oatmeal and wheat cereals (Farina,
Cream of Wheat), refined rice, and dry cereals.

Soups

Any soups.

Meats, Poultry, Fish, Eggs & Cheese

Broiled, baked or boiled beef, chicken or turkey without
Rich gravies or sauces. Boiled or broiled ham,
crisp bacon, broiled lamp chops, soft boiled or poached
Eggs, cottage or cream cheese.

Vegetables

Cooked and strained asparagus, beets, peas,
carrots, fresh lima beans, spinach, squash
potatoes (mashed, creamed or baked
Without skins).

Breads

Toasted white bread with butter, saltines, and rusk.

Beverages

Milk, buttermilk, eggnog, malted milk, cocoa,
Milk, cocoa, weak tea, possum.

FOODS TO AVOID

All raw fruits, dried
apricots, figs, dates,
Raisins.

All fried, canned,
salted or spiced
meats and fish,
Veal and mutton.

Radishes, corn,
cucumber, cabbage, white
tomatoes, onions,
garlic, celery, green
beans, Brussels
sprouts, peppers,
cauliflower, dried
Peas and beans.

Bran, whole wheat,
rye or corn bread,
Rolls and muffins.

Coffee, carbonated malted
and alcoholic

Drinks.

Desserts

Custard, puddings, ice cream and Jell-O, plain
Cake, cooked, strained fruit.

Rich pastries and
desserts, candy
containing fruit and
Nuts.

Miscellaneous

Macaroni, spaghetti, noodles, honey syrup,
Clear jelly.

Condiments, gravy
Marmalade, nuts,
Olives, pickles,
popcorn.

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