



## LOW RESIDUE DIET

FOOD GROUP	RECOMMENDED	AVOID
<b>Milk &amp; milk products</b> (2 or more cups daily)	All milk products	Low residue diet only 2 cups daily of all milk products
<b>Vegetables</b> (3 or more servings daily)	Lettuce; vegetable juice without pulp; the following cooked vegetables: yellow squash(without seeds), green beans, wax beans, spinach, pumpkin, eggplant, potatoes without skin, asparagus, beets, carrots	Vegetable juices with pulp, raw vegetables except lettuce, cooked vegetables not on <b>RECOMMENDED</b> list
<b>Fruits</b> (2 or more servings daily)	Fruit juices without pulp, canned fruit except pineapple, ripe bananas, melons	Fruit juices with pulp, canned pineapple, fresh fruit except those on <b>RECOMMENDED</b> list, prunes, prune juice, dried fruit, jam, marmalade
<b>Starches--bread &amp; grains</b> (4 or more servings daily)	Bread and cereals made from refined flours, pasta, white rice	Whole-grain breads, cereals, rice, pasta; bran cereal; oatmeal
<b>Meat or meat substitutes</b> (5 to 6 oz daily)	Meat, poultry, eggs, seafood	Chunky peanut butter, nuts, seeds, dried beans, dried peas
<b>Fats and oils</b> (servings depend on caloric needs)	All oils, margarine, butter	Coconut
<b>Sweets and desserts</b> (servings depend on caloric needs)	All not on <b>AVOID</b> list	Desserts containing nuts, coconut
<b>Miscellaneous</b>	All not on <b>AVOID</b> list	Popcorn, pickles, horseradish, relish

## SAMPLE MENU

BREAKFAST	LUNCH	DINNER
Orange juice 1/2 cup	Fish 3 oz	Chicken breast 3 oz
Cornflakes 1 cup	Mashed potatoes 1/2 cup	Medium baked potato <i>without skin</i>
Poached egg	Cooked green beans 1/2 cup	Cooked carrots 1/2 cup
White toast 1 slice	White bread 1 slice	White bread 1 slice
Margarine 1 tsp	Margarine 1 tsp	Margarine 1 tsp
Jelly 1 Tbsp	Jelly 1 Tbsp	Jelly 1 Tbsp
Skim milk 1 cup	Applesauce 1/2 cup	Canned peaches 1/2 cup
Coffee 3/4 cup	Coffee 3/4 cup	Skim milk 1/2 cup
Sugar 1 tsp	Sugar 1 tsp	Coffee 3/4 cup
Non-dairy creamer	Non-dairy creamer	Sugar 1 tsp
Salt/pepper	Salt/pepper	Non-dairy creamer
		Salt/pepper

### PREPARATIONS MAY BE PICKED UP AT ANY OF THE FOLLOWING LOCATIONS:

2141 K Street, NW, Suite 900, Washington, DC 20037  
 2021 K Street, NW, Suite T-120, Washington, DC 20006  
 4445 Willard Avenue, Suite 200, Chevy Chase, MD 20815  
 10215 Fernwood Road, Suite 50, Bethesda, MD 20817  
 21351 Ridgetop Circle, Suite 100, Sterling, VA 20166

Business Office: 3015 Williams Drive, Suite 200, Fairfax, VA 22031