

<u>LOW RESIDUE DIET</u> (3-5 Days Before Procedure)	<u>SOFT DIET</u> (Two Days Before Procedure)
FRUIT: <ul style="list-style-type: none"> • BANANAS, CANTALOUPE, HONEYDEW, SEEDLESS WATERMELON • PEELD AND COOKED FRUITS LIKE APPLESAUCE, PEACHES, APRICOTS, PEARS AND NECTARINES • FRUIT JUICES WITHOUT PULP • AVOID RAW FRUIT WITH SKINS OR SEEDS • AVOID BERRIES, CITRUS FRUITS AND DRIED FRUITS 	<ul style="list-style-type: none"> • WHITE BREAD • AVOCADO • WATERMELON • SMOOTHIES • WHITE RICE, NOODLES, AND PASTA • COOKED POTATOES WITHOUT SKIN • YOGURT (VANILLA, PLAIN) • RIPE BANANAS • LEAN AND TENDER MEATS, CHICKEN, FISH AND PORK • TOFU • EGGS • CHEESE (SUCH AS PROVOLONE, SWISS, MOZZARELLA) • COTTAGE CHEESE • GELATIN, PUDDING, AND POPSICLES
VEGETABLES: <ul style="list-style-type: none"> • WELL-COOKED, PEELED VEGETABLES WITHOUT SEEDS OR SKINS: CARROTS, GREEN BEANS, PEELED POTATOES • STRAINED VEGETABLE JUICES WITHOUT PULP • AVOID RAW VEGETABLES, VEGETABLES WITH SKINS/SEEDS: BROCCOLI, CAULIFLOWER, BRUSSEL SPROUTS, CABBAGE 	
PROTEINS: <ul style="list-style-type: none"> • EGGS, SMOOTH PEANUT BUTTER • TENDER CUTS OF MEAT INCLUDING CHICKEN, TURKEY, FISH, PORK, LAMB • TOFU AND SOFT-COOKED MEATS • AVOID BEANS, LENTILS, NUTS, SEEDS AND TOUGH MEATS WITH GRISTLE 	<ul style="list-style-type: none"> • CLEAR BROTH, BOUILLON, OR CONSOMME • GELATIN (SUCH AS JELLO) • POPSICLES • SWEETENERS, SUCH AS SUGAR OR HONEY MAY BE USED • CLEAR FRUIT JUICES, SUCH AS WHITE CRANBERRY, WHITE GRAPE, APPLE • SODA, SUCH AS 7-UP SPRITE, GINGER ALE, SELTZER, GATORADE • BLACK COFFEE (NO CREAM) TEA • <u>Note to stay away from RED, PURPLE AND BLUE dyed foods and drinks!</u>
DAIRY: <ul style="list-style-type: none"> • MILK, CHEESE, YOGURT WITHOUT ADDED FRUITS, SEEDS OR NUTS • SOUR CREAM 	
AVOID HIGH FIBER FOODS (WHOLE-GRAIN BREADS AND CEREALS, NUTS, SEEDS)	