

### 3-DAY LOW RESIDUE DIET

Have this diet for three days prior to taking bowel preparation

#### Bread and Cereals Group:

Choose:

White bread (no seeds), toast, pita bread, lavash bread, bagels, plain croissants.

Refined breakfast cereals – Rice Bubbles or Special K

Plain cakes and biscuits made with white flour, plain pancakes, pikelets, crumpets

White rice, white pasta and couscous

AVOID:

Wholemeal, brown and rye breads, wholegrain cereals (e.g. bran cereals, porridge, Weetbix, Vitabrits), cakes, muffins or biscuits containing nuts, dried fruits, wholemeal flour, grains and oatmeal. Avoid brown rice or pasta, unprocessed bran, rice bran, rolled oats, porridge, toasted or natural muesli.

#### Fruit and Vegetables Group:

Most raw fruit and vegetables contain indigestible plant materials such as seeds and fibrous skins. Eat well-cooked or canned fruit and vegetables, without skin and seeds from this list.

Choose:

Potatoes (mashed or boiled – without skin), pumpkin (without skin), asparagus tips, marrow, squash, choko, eggplant, zucchini, mushrooms.

Strained fruit juice, ripe bananas, stewed apples, pears, pawpaw, rockmelon, watermelon, honeydew melon, peach and avocado.

AVOID:

All other fruits and vegetables (including salad vegetables such as beetroot).

## Meat Group:

Choose:

Lean tender beef, chicken, turkey, veal, lamb, pork, fish, shellfish, ham, corned beef and eggs.

AVOID:

Bean lentils, hamburger mince, pasties, casseroles, pizza, stir-fry dishes, nuts and seeds, sausages, fried/fatty meats

## Dairy Group:

Choose:

Milk, plain and vanilla yoghurt, ice-cream, custard, cottage cheese, processed and plain block cheese, rice pudding (white rice), milk powder, evaporated and condensed milk, sour cream, cream and vanilla fruche

AVOID:

Strong cheese, fruit yoghurt, dairy products with fruit, nuts or seeds.

## Sweets, Desserts and Beverages:

Choose:

Water, plain milk and cereal puddings, lemon jelly, sugar, honey, tea or coffee, strained fruit juices/sieved jams, Milo, Bovril, lollies, plain toffees, jubes, marshmallows, chocolate, vegemite, cheese spreads, lemon cordial, soft drinks such as lemonade, ginger ale.

Remember: Milk drinks and puddings should be included in the 300mls milk allowance that day.

AVOID:

Unstrained fruit juices and any drinks/jelly that contain red or purple colouring. Pies, pastries, dried fruit, spiced puddings, jams and marmalade containing seeds, peel, coconut or skins, alcohol, strong tea and coffee. Avoid peanut butter or Nutella.

## Sample Menu

### Breakfast:

Strained fruit juice, rockmelon or stewed apple

Cornflakes or Rice Bubbles with milk

White toast with margarine and honey

Tea/coffee

### Morning Tea:

Plain scone/biscuit/yoghurt

Tea/coffee/strained juice/water

### Lunch:

Strained cream soup (using allowed vegetables)

White bread sandwich with chicken/cheese/avocado/meat filling

Watermelon or ripe banana

Tea/coffee/strained juice/water

### Afternoon Tea:

As per morning tea

### Dinner:

Lean tender meat/Chicken/Fish

Boiled or mashed potato, pumpkin, choko

Canned apricots with custard and ice-cream

### Supper:

As per morning tea