

**Twin Forks Gastroenterology & Hepatology, P.C.**  
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**Low Residue DIET**

Fruit Juice, fruit drinks, pureed fruit, cooked fruit (NO SKIN)

White bread, French bread, Farina, cream of rice or wheat, saltines, white rice, pasta

Cooked vegetables, potato (NO BROCCOLI, CAULIFLOWER). No raw vegetables.

Chicken, fish eggs, soup (no beans)

All dairy products