

## LOW RESIDUE DIET FOR DIVERTICULITIS

### **Grain Products:**

- Enriched refined white bread, buns, bagels, english muffins
- Plain cereals e.g. Cheerios, Cornflakes, Cream of Wheat, Rice Krispies, Special K
- Arrowroot cookies, tea biscuits, soda crackers, plain melba toast
- White rice, refined pasta and noodles
- **AVOID** whole grains

### **Fruits:**

- Fruit juices except prune juice
- Applesauce, apricots, ½ banana, cantaloupe, canned fruit cocktail, grapes, honeydew melon, peaches, watermelon
- **AVOID** raw and dried fruits, raisins and berries

### **Vegetables:**

- Vegetable juices
- Potatoes (no skin)
- Beets, green/yellow beans, carrots, celery, cucumber, eggplant, lettuce, mushrooms, green/red peppers, squash, zucchini
- **AVOID** corn, broccoli, cauliflower, Brussels sprouts, cabbage, kale

### **Meat and Protein:**

- Well-cooked tender meat, fish and eggs
- **AVOID** lentils, nuts, seeds