LOW RESIDUE DIET

DESCRIPTION: THE DIET IS ESSENTIALLY FIBRE FREE AND LEAVES A MINIMUM OF RESIDUE IN THE INTESTINAL TRACT. PURPOSE OF THE DIET IS TO MINIMIZE FECAL VOLUME BEFORE SPECIAL EXAMINATION.

FOODS TO TAKE

1. BEVERAGES:
   SOFT DRINKS, JUICES, SHARBET, TEA AND COFFEE IN LIMITED AMOUNTS.

2. BREADS/CEREALS:
   WHITE BREAD, BOILED RICE, NOODLES, SPAGHETTI, MACARONI, CORNFLAKES, RUSK.

3. EGG:
   BOILED OR POACHED.

4. MEAT/DAL:
   FISH OR CHICKEN COOKED WITH MINIMUM FAT EG. BAKED, STEAMED, ROAST.

5. SOUPS:
   BROTH OR BOUILLOW WITHOUT FAT CLEAR STRAINED SOUPS.

6. FRUITS:
   ONLY STRAINED FRUIT JUICES, SQUASHES, TETRA PACK, JUICES.

7. VEGETABLES:
   STRAINED TOMATO JUICES.

8. DESSERTS:
   JELLY, PLAIN CAKES, BISCUITS WITHOUT CREAM.

9. MISCELLANEOUS:
   HONEY, JAM, SUGAR, ENERGILE, LEMON.

DAY'S SAMPLE MINI:

BREAKFAST:
   FRESH FRUIT JUICE (STRAINED)
   CORN-FLAKES
   BOILED EGG
   WHITE BREADJAM TEA

PM TEA:
   BISCUITS OR RUSK, TEA

FOODS TO AVOID

MILK YOGURT, MILK DRINKS EG: LASSI, SHAKES ETC.

WHEA GRAIN BREADS AND CRACKERS, CHAPPATIE.

FRIED OR OMELETTE.

BEEF, MUTTON, ORGAN MEATS, FRIED MEATS, DALS, LEGUMES.

CREAM SOUPS, SPICY SOUPS, LENTIL, MULLIGATAWANY OR CHICKEN CORN SOUP.

ALL FRUITS.

ALL RAW AND COOKED VEGETABLES.

MILK DESSERTS EG: CUSTARDS, FIRNI, ETC. DESSERTS WITH-OUT NUTS AND FRUITS EG: TRIFLE, PIES, PASTRIES, ICE-CREAM.

POPCORN, PICKLES, DRIED FRUIT AND NUTS EG: WALNUTS, ALMONDS, COCONUT. VERY SPICY FOODS, FRIED ITEMS NIMCO ITEMS, SAMOSA, PAKORAS ETC.

LUNCH:
   STRAINED SOUP
   FISH CURRY (WITH VERY LITTLE FAT).
   BOILED RICE,
   JELLY.

DINNER:
   STRAINED SOUP, CHICKEN TIKKA WITHOUT SPICE,
   BREAD SLICES, PLAIN CAKE.
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