

7 Foods To Eat On A LOW-RESIDUE Diet



Salmon

It is rich in omega-3 fatty acids and is a great source of protein and essential vitamins and minerals, such as vitamin B12, vitamin D, selenium, and iodine.

Eggs

They are high in protein and various essential nutrients, including vitamin B12, choline, and selenium.



White Rice

It is easier to digest than brown rice and provides carbohydrates for adequate energy.

Yogurt

It is high in calcium, vitamin D, and protein, and free of fiber. Just ensure that it is free of added seeds or nuts.



Peanut Butter

It provides protein and essential fats for muscle maintenance and energy supply.

Ripe Bananas

They are well-tolerated on this diet, unlike other fruits, and offer potassium, vitamin B6, and vitamin C.



Pudding

It is easy on the digestive system. Opt for a plain pudding without added fruits, seeds, or nuts.

Low Residue Snack Recipe

Christian G. Meyer

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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