



Texas Health Care

Colon & Rectal Surgery

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LOW ROUGHAGE DIET

Stage I

Food Group	Foods Allowed	Foods Not Allowed
Beverages	Gatorade, Crystal Light, decaffeinated tea and coffee, limited amounts of caffeine	Sodas, fruit juice, milk, fruit punch, instant iced tea, lemonade
Meats	Eggs (not fried), small amts of meat in canned soups	All others
Starches	Potatoes (not fried), rice, noodles, crackers, Melba toast, white toast, oatmeal, cream of wheat, English muffins, graham crackers, grits, pretzels, pasta, fat-free tortillas	Whole grain breads and cereals, long grain and wild rice, biscuits, quick breads
Fruits	Canned fruits in their own juice such as applesauce, apricots, cherries, pears, fruit cocktail, mandarin oranges, peaches	Dried fruits, raisins, raw fruits, all other canned fruits not listed, canned fruits in syrup
Vegetables	Limited amounts in canned soups (except corn), strained vegetable juice	All others
Dairy	Low fat yogurt with fruits allowed or custard style yogurt	Cheese, milk, cottage cheese, ice cream, cream cheese
Fats	One teaspoon fat per meal such as margarine, mayonnaise, fat free dressing, avocado, vegetable oil	Bacon, salt pork, olives, nuts, dressings with seeds, Thousand Island dressing, dips with any foods not allowed, gravy
Desserts	Sugar cookies, angel food cake, Italian ice, vanilla wafers, low fat frozen yogurt, sugar-free gelatin	All others including candy, popcorn, chocolate, jams, gum
Soups	Canned soups such as tomato, turkey noodle, chicken and rice, chicken noodle, minestrone, broth-type soups or other made with allowed foods	Hearty or chunky soups with lots of vegetable, meats; cream soups
Seasonings	Salt, lemon, vinegar	Spices, herbs, condiments, relishes, pickles

Stage II

Same as for Stage I, except for the following additions:

Food Group	Foods Allowed	Foods Not Allowed
Soups	Add cream soups	
Meats	Baked chicken, baked fish, egg salad, turkey, chicken salad, tuna	All others
Dairy	Cheese, cottage cheese	All others
Vegetables	Canned or soft cooked such as asparagus tips, beets, broccoli tips, cabbage, carrots, cauliflower, eggplant, onions, peeled tomatoes	Raw vegetables, cooked vegetables such as broccoli stalks, corn, English peas, greens, spinach, winter squash, Brussel sprouts, green beans, mushrooms, pickles, relish, dried beans, legumes
Starches	Add plain bagels	