# Procedure Diet Guidelines

<table>
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<th>Low Residue Diet</th>
<th>Clear Liquid Diet</th>
<th>N.P.O.</th>
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<tbody>
<tr>
<td><strong>(Low Fiber)</strong></td>
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**Foods To Eat:**
- White bread/rice/white noodles/pasta
- Milk/Yogurt/Eggs
- Skinless turkey/chicken/fish
- Cooked vegetables without seeds:
  1. Carrots
  2. Green beans
  3. Cooked potatoes

**Clear Liquids:**
- Apple juice
- White grape juice
- Black coffee
- Tea (without cream/milk)
- Yellow/clear sports drinks
- Jell-O
- Popsicles
- Nothing red or purple

**NOT Clear Liquids:**
- Orange juice
- Pineapple juice
- Milk/dairy products
- Alcohol
- Any fruit juices with pulp

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