TREAT YOURSELF

---------- LIQUID DIET ----------

For your convenience, a Food & Nutrition Hospitality Associate will visit you to pre-order your meals for the day.

Enjoy!

Clear Liquid

A clear liquid diet is a short-term diet used before or after medical procedures. The diet can also be used to reintroduce foods when you have not eaten for a long period of time. It consists of foods transparent, liquid at room temperature. These foods include juices (pulp-free), gelatin, water, ice chips, sweetened tea,coffee, soda, and broths.

Soups

Beef Broth
Chicken Broth
Vegetable Broth

Sweets

Red Gelatin | Sugar-Free Red Gelatin
Citrus Gelatin | Sugar-Free Citrus Gelatin
Cherry Fruit Ice | Lemon Fruit Ice

Beverages

Apple Juice
Cranberry Juice
Iced Tea | Decaf Iced Tea
Coffee | Decaf Coffee
Hot Tea | Decaf Hot Tea
Bottled Water

Condiments

Lemon Juice | Honey
Sugar | Sugar Substitute
Salt

Full Liquid

The full liquid diet is a short-term diet used as a transition step between clear liquids and solid foods. Foods from the Clear Liquid Diet are allowed. Juice (with pulp), broth, strained cream soup, strained cereal, pudding, and ice cream are also included.

Hot Cereal | Soups

Cream of Wheat
Pureed Chicken Noodle
Pureed Tomato Basil Soup
Beef Broth | Chicken Broth | Vegetable Broth

Sweets

Red Gelatin | Sugar-Free Red Gelatin
Citrus Gelatin | Sugar-Free Citrus Gelatin
Cherry Fruit Ice | Lemon Fruit Ice
Light Vanilla Yogurt | Plain Greek Yogurt
Vanilla Ice Cream | Chocolate Ice Cream
Vanilla Pudding | Chocolate Pudding

Beverages

Apple Juice | Cranberry Juice | Orange Juice
Milk (2%, Skim, Whole)
1% Chocolate Milk
Vanilla Almond Milk
Iced Tea | Decaf Iced Tea
Coffee | Decaf Coffee
Hot Tea | Decaf Hot Tea
Bottled Water

Condiments

Margarine | Butter
Non-Dairy Creamer
Lemon Juice | Honey
Sugar | Sugar Substitute
Salt
Brown Sugar

* Some menu items may not be available due to your prescribed diet order or food allergies.

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