

# Liquid Diet Menu

(Amounts in parentheses are grams of carbohydrates)



**Call 6363 to order**

## Clear Liquid Diet Menu

### Juice (4oz)

- Cranberry Juice (20g)
- Grape Juice (20g)
- Apple Juice (15g)
- Crystal Light® – orange sunrise, raspberry ice

### Hot Drinks (8oz)

- Coffee – regular, decaf
- Hot Tea – regular, decaf
- Herbal Tea – lemon, orange spice, cranberry apple, mint medley

*Condiments: sugar (3g), Equal®, Splenda®, lemon, honey (5g)*

### Broth

- Chicken Broth
- Beef Broth
- Vegetable Broth

### Fountain Drinks

- Pepsi® (25g), Sierra Mist® (25g), Mountain Dew® (30g), Root Beer® (30g), Diet Sierra Mist®, Diet Pepsi®, Caffeine-Free Diet Pepsi®, Diet Mountain Dew®, Sugar-free Lemonade, Iced Tea

### Desserts

- Popsicles – regular (15g), sugar-free (5g)
- Italian Fruit Ice (20g)
- Sugar-Free Lemon Sorbet (5g)
- Gelatin – regular (15g), sugar-free

## Full Liquid Diet Menu

*You may choose from all items on the Clear Liquid Diet Menu along with the following items.*

### Juice (4oz)

- Orange (15g), Prune (25g), Vegetable (10g)

### Hot Drinks (8oz)

- French Vanilla Cappuccino (25g)
- Hot Chocolate – regular (25g), no sugar added (10g)

*Condiments: sugar (3g), Equal®, Splenda®, lemon, honey (5g), creamer, non-dairy creamer (2g)*

### Milk (8oz)

- Skim (15g), 2% (15g), Whole (15g), Chocolate (25g)
- Rice Milk – original (25g), vanilla (25g)
- Soy Milk – original (10g), vanilla (20g), chocolate (25g)
- Lactose-Free Milk (10g)

### Hot Cereal

- Oatmeal (20g), Cream of Wheat® (20g)

*Condiments: brown sugar (30g), syrup (30g), diet syrup (4g), jelly (10g), diet jelly (3g)*

### Soup

- Tomato (20g), Cream of Mushroom (10g), Cream of Chicken (10g)

### Desserts

- Vanilla Yogurt – regular (35g), light (10g)
- Pudding – chocolate (30g), vanilla (25g), diet (10g)
- Ice Cream – regular (15g), fat-free (20g)
- Sherbet – orange (30g), raspberry (25g)
- Magic Cup (40g)
- Nonfat Frozen Yogurt Shake – vanilla (30g), chocolate (55g)