

# 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)

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### Cold Drinks (8oz)

Crystal Light® – orange sunrise, raspberry ice

Sugar-free Lemonade

Iced Tea

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### Hot Drinks (8oz)

Coffee – regular, decaf

Hot Tea – regular, decaf

Herbal Tea – lemon, green, orange spice, cranberry apple, mint medley

*Condiments: sugar (3g per packet), Equal®, Splenda®, lemon, honey (12g)*

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### Broth

Chicken Broth

Beef Broth

Vegetable Broth

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### Desserts

Popsicles – regular (14g), sugar-free (4g)

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.*

### Milk (8oz)

Skim (13g), 2% (12g), Whole (12g), Chocolate (20g)

Rice Milk – original (23g), vanilla (26g)

Soy Milk – original (7g), vanilla (18g), chocolate (25g)

Lactose-Free Milk (12g)

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### Juice (4oz)

Orange (15g), Prune (25g), Vegetable (7g)

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### Hot Drinks (8oz)

French Vanilla Cappuccino (25g)

Hot Chocolate – regular (25g), no sugar added (10g)

*Condiments: sugar (3g per packet), Equal®, Splenda®, lemon, honey (12g), creamer, non-dairy creamer (2g)*

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### Hot Cereal

Oatmeal (25g), Cream of Wheat® (20g)

*Condiments: brown sugar (15g), syrup (30g), diet syrup (4g), jelly (10g), diet jelly (3g)*

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### Soup

Tomato (20g), Cream of Mushroom (6g), Cream of Chicken (7g)

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### Desserts

Yogurt – regular (25g), light (14g), Greek (19g)

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)