

FULL LIQUID DIET

Sample Menu

BREAKFAST	LUNCH & DINNER
<ul style="list-style-type: none"> ▪ Fruit juice <i>1 cup</i> ▪ Hot cereal <i>1/2 cup</i> ▪ Eggnog <i>8 oz</i> ▪ Whole milk <i>8 oz</i> ▪ Hot tea with sugar & lemon 	<ul style="list-style-type: none"> ▪ Strained creamed soup <i>3/4 cup</i> ▪ Juice <i>1 cup</i> ▪ Ice cream <i>1/2 cup</i> ▪ Pudding or custard <i>1/2 cup</i> ▪ Whole milk <i>8 oz</i> ▪ Hot tea with sugar & lemon ▪ Salt/pepper

THIS SAMPLE DIET PROVIDES THE FOLLOWING			
Calories	2,100	Fat	80 mg
Protein	60 gm	Sodium	2,975 mg
Carbohydrates	290 gm	Potassium	2,900 mg