



LIQUID DIET SUGGESTIONS: anything you do not have to chew!

Yogurt

Ice cream

Sorbet

Broth

Soups (blended or liquid)

- Polenta
- Vichyssoise
- Tomato

Juice (no pulp)(avoid citrus juices)

- Cranberry
- Grape
- Apple

Shakes

Ensure

Smoothies

Jell-O

Pudding

Cream of Wheat

Oatmeal

Mashed potatoes