

This diet provides foods that are easy to swallow because they are blended, whipped or mashed to a "pudding like" texture. This diet is appropriate for people who have difficulty with oral control and swallowing, and may help prevent choking. Order beverages as desired.

# **Breakfast**

### **Entrees**

Scrambled Eggs

Low Cholesterol Scrambled Eggs



**Peaches** 

**Pears** 

Yogurt: Vanilla or Strawberry

## <u>Cereals</u>

Grits

Cream of Wheat

Oatmeal



#### Meats

Beef Turkey Chicken Ham

Pork

## On the Side

Whipped Potatoes Corn

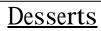
Carrots Peas

Green Beans Broccoli

## Soup

Tomato Soup, Cream of potato Soup, Cream of Chicken Soup

Broth: Beef, Chicken, Vegetable



Ice Cream: Chocolate, Vanilla, Strawberry Italian Lemon Ice

Light Vanilla Ice Cream Popsicle
Sherbet: Lime or Orange Gelatin

Milkshake: Chocolate, Vanilla, Strawberry Pudding: Chocolate or Vanilla

Diet Pudding: Chocolate or Vanilla

