

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

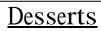
Carrots Peas

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

