

FULL LIQUID

Available from 6:30 a.m. to 7 p.m.
Please dial extension 6368 (MENU) to place your order.

SWEET & DELICIOUS*

Pudding

assorted flavors (11-31g)

Gelatin

assorted flavors (5-16g)

Ice Cream

Chocolate (19g)

Vanilla (17g)

Sorbet

Orange or Strawberry (8g)

Sherbet

Orange or Raspberry (27g)

Italian Ice

Lemon or Strawberry (18g)

BEVERAGES*

Starbucks Coffee

Regular or Decaffeinated

Tea

Black, Green, Herbal or Iced

Hot Chocolate

Regular (16g)

No Added Sugar (12g)

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BEVERAGES*

Sodas

Coke (25g)

Diet Coke

Sprite (24g)

Diet Sprite

Ginger Ale (20g)

Cold Beverages

Bottled Water

Vitamin Water (4g)

Cocnut Water (11g)

Lemonade (42g)

Milk

Whole, 2% or Fat-Free (12g)

Chocolate (26g)

Soy Milk

Vanilla or Chocolate (19-25g)

Almond Milk

Vanilla or Chocolate (11-19g)

Nutrition Supplements

(assorted flavors)

Ensure Enlive (44g)

Ensure Max (6g)

Ensure Clear (50g)

Kate Farms Vegan (38g)

Your doctor has prescribed a liquid diet.

When gut function is altered due to infection, surgery, malnutrition, etc. digestion is also affected. Clear and full liquid diets are easy to tolerate and digest. Your diet will be advanced once your doctor feels it is appropriate.

Clear Liquid Diet:

The clear liquid diet is intended to supply fluids and energy in a form that requires minimal digestion. This diet is for short-term use as it does not provide adequate calories and protein.

Clear liquids are liquids you can see through. Juice, Jello, broth and tea are examples of clear liquids.

Full Liquid Diet:

The full liquid diet is used as a step between a clear liquid diet and a solid food diet. Full liquids include milk, yogurt, ice cream, blended soups, puddings, fruit purees, and protein shakes. There are no solids or chunks of solids allowed.

Preventative Nutrition Therapy

Following a healthy diet that focuses on whole grains, legumes, fruits, vegetables, nuts and seeds may lower your risk for conditions like diabetes, heart disease, hypertension, stroke and cancer.

Aim to eat at least 5 servings of fruits and vegetables every day.

Eat more legumes (like beans and lentils) and more whole grains.

Try meatless alternatives such as beans, peas, lentils, nuts, and seeds.

Focus on heart-healthy fats such as fish, avocado, nuts, and oils like sunflower, canola, and olive.

Limit your daily sugar intake.

Resources

Overlakehospital.org/outpatientnutrition
Eatright.org



SEASONS DINING

BY OVERLAKE

Seasons Dining features local organic produce, whole-grain artisan breads, trans-fat-free bakery items and fair-trade coffee.

Once you have decided upon your meal, simply dial extension **6368** (MENU) to place your order. Please allow 45 minutes to one hour for delivery.

Clear and Full Liquid Diets

(*) Items available at any time

CLEAR LIQUID

Available from 6:30 a.m. to 7 p.m.
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SELECTIONS

Juice*

Apple (15g)
Cranberry (14g)
Diet Cranberry (1g)

Soups*

Chicken, Beef or Vegetable Broth (1-2g)

SWEET & DELICIOUS*

Gelatin

assorted flavors (5-16g)

Italian Ice

Lemon or Strawberry (18g)

Sorbet

Orange or Strawberry (8g)

CLEAR LIQUID

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BEVERAGES *

Starbucks Coffee

Regular or Decaffeinated

Tea

Black, Green, Herbal or Iced

Sodas

Coke (25g)
Diet Coke
Sprite (24g)
Diet Sprite
Ginger Ale (20g)

Cold Beverages

Bottled Water
Coconut Water

Nutrition Supplements*

Ensure Clear (52g)
Apple or Mixed Berry

FULL LIQUID

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SELECTIONS

Juice*

Apple (15g)
Cranberry (14g)
Diet Cranberry (1g)
V-8 (6g)

Fruit Purees*

Pears (27)
Applesauce (13g)
Peach (16g)

Yogurts*

Lemon (26g)
Vanilla (17g)

Greek Yogurt

Plain Nonfat (6g)

Vanilla Triple Zero (10g)

Strawberry Triple Zero (10g)

Dairy Free Yogurt

Almondmilk Dark Chocolate Coconut (21g)

Yogurt Smoothies*

Mixed Berry (18g)
Mango (19g)
Strawberry Banana (19g)

FULL LIQUID

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SELECTIONS

Hot Cereal

(available breakfast only)
Cream of Wheat (17g)
Cream of Rice (19g)

Toppings

Half & Half (1g)
Non-Dairy Creamer
Stevia (1g)
Splenda (1g)
Brown Sugar (13g)
Honey (12g)

Soups

(available for lunch and dinner only)

Tomato (20g)

Creamy Butternut Squash (15g)

Bistro Cream of Mushroom (12g)

Chicken, Beef or Vegetable Broth (1-2g)

(*) Items available at any time