

Full Liquid

SWEET & DELICIOUS*

Pudding

Assorted flavors (13-31g)

Gelatin

Assorted flavors (1-23g)

Ice Cream

Chocolate (19g)
Vanilla (17g)

Sherbet

Orange or Raspberry
(23-26g)

Italian Ice

Cherry, Lemon, or Strawberry (18g)

Beverages*

Starbucks Coffee

Regular or Decaffeinated

Tea

Black, Green, Herbal, or Iced

Hot Chocolate

Regular (16g)
No Added Sugar (12g)

Full Liquid

BEVERAGES*

Cold Beverages*

Bottled Water
Sparkling Water
Coconut Water (13g)
Lemonade (42g)

Juice

Apple (15g)
Orange (13g)
Cranberry (16g)
Diet Cranberry (1g)
V8 (6g)

Soda

Coke (25g)
Diet Coke
Sprite (24g)
Diet Sprite
Ginger Ale (19g)

Milk

Whole, 2%, or Fat-Free (12g)
Chocolate (25g)

Soy Milk

Vanilla or Chocolate (18-25g)

Almond Milk

Vanilla or Chocolate (13-19g)

Nutrition Supplements*

Ensure (40g)
Ensure Max (6g)
Ensure Clear (52g)
Kate Farms (38g)

Nutrition Therapy for Recovery

After your hospital stay, your body continues to need extra protein, calories, and other nutrients to help you heal, regain strength and replenish energy. Your body uses protein to build cells and repair tissue. Poor nutrition can slow the healing process and put you at risk for complications, weakness, falls, or another hospital stay.

During your stay, you may have been prescribed a nutrition supplement drink (Ensure, Kate Farms, Milkshake, or Smoothie) to increase your protein and calorie intake. It's ideal to meet your nutrition needs from a variety of healthy foods. If your appetite is low or you are unable to eat enough protein, nutrition supplement drinks can help your body get the nourishment it needs.

Continue to drink 2 nutrition drinks or eat 2 protein containing snacks daily in addition to your regular meals for at least 30 days after your hospital stay to support healing and recovery at home.

Choose nutrition supplement drinks and snacks that have a minimum of 7g of protein per serving.

Nutrition supplement drinks taste best served chilled or over ice.

Resources

Overlakehospital.org/outpatientnutrition
Eatright.org
Oldwayspt.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 on your meal, simply dial extension **6368** (MENU) to place your order. Please allow 45 minutes to one hour for delivery.

Avoid call waiting times and preorder your evening meal from 2 p.m. to 4 p.m. daily for a delivery time of your choice

Clear and Full Liquid Diet

*Items are available at any time.

Clear Liquid

SELECTIONS

Juice*

Apple (15g)
Cranberry (16g)
Diet Cranberry (1g)

Soups*

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

SWEET & DELICIOUS*

Gelatin

Orange or Strawberry (1-23g)

Italian Ice

Cherry, Lemon, or Strawberry (18g)

Clear Liquid

BEVERAGES*

Starbucks Coffee

Regular or Decaffeinated

Tea

Black, Green, Herbal, or Iced

Sodas

Coke (25g)
Diet Coke
Sprite (24g)
Diet Sprite
Ginger Ale (19g)

Cold Beverages

Bottled Water
Coconut Water
Sparkling Water

Nutrition Supplements*

Ensure Clear

Apple or Mixed Berry (52g)

Full Liquid

SELECTIONS

Juice*

Apple (15g)
Cranberry (16g)
Diet Cranberry (1g)
V8 (6g)

Fruit Purees*

Pears (30g)
Applesauce (13g)
Peach (28g)

Yogurt*

Lemon (26g)
Vanilla (17g)

Greek Yogurt*

Plain Nonfat (6g)
Vanilla Triple Zero (10g)
Strawberry Triple Zero (10g)

Dairy Free Coconut Yogurt*

Vanilla (13g)

Yogurt Smoothies*

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

Full Liquid

SELECTIONS

Hot Cereal*

Cream of Wheat (17g)
Cream of Rice (19g)
Puree Oatmeal (20g)

Toppings*

Half & Half
Nondairy Creamer
Stevia (1g)
Splenda (1g)
Brown Sugar (13g)
Honey (12g)

Soups

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

Lunch & Dinner

11:00 a.m. to 7 p.m.

Soups

Tomato (13g)
Creamy Butternut Squash (15g)
Bistro Cream of Mushroom (12g)