



Liquid Diets

Following surgery or certain procedures it may be necessary for a patient to use a liquid diet with some supplementation. The duration of this diet will depend on the procedure done and the recommendations of the dentist.

Following are some examples of foods contained in a liquid diet:

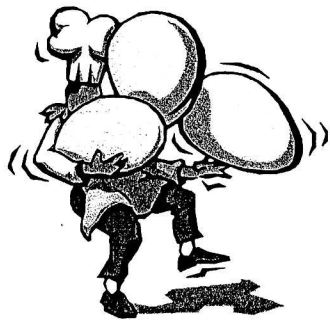
- Fruit and vegetable juices
- Teas, coffees, supplemental drinks, eggnog
- Cooked oatmeal



- Creamed and strained soups
- Apple sauce
- Custard
- Strained meats and vegetables
- Ice cream



- Jello

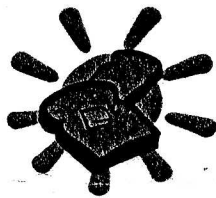


Soft Diets

Some procedures may require a patient to eat soft foods for a short period of time to reduce the discomfort.

The following are some examples of some food choices that may be considered"

- Fruit and vegetable juices
- Coffees, teas, supplemental drinks
- Soft boiled eggs or omelettes
- Muffins with margarine
- Soups, Cooked vegetables
- Toast (without the crust)



- Rice
- Cottage cheese with soft fruits
- Hamburger
- Skinless baked potato
- Jello, ice cream
- Banana

