

SUGGESTED FOOD ITEMS FOR DAY OF SURGERY (NO HOT FOODS OR HOT BEVERAGES)

Beverages:	Water Iced Tea Milk
Miscellaneous:	Slim Fast Milk Shake - No Straw Jello Pudding Pasta-cold Yogurt

SUGGESTED FOOD ITEMS FOLLOWING DAY AFTER SURGERY

Canned Foods:	Chopped Mixed Greens Various Beans Various Peas Green Beans Soup Cream Corn
Bread:	Rolls Honey/Wheat w/crust broken off Soft Bread
Meats:	Sliced Smoked Turkey Breast Sliced Baked Ham Fish Fillets - baked Hamburger Meatloaf
Breakfast Foods:	Eggs Oatmeal Cereals
Beverages:	No Carbonated Drinks - <i>No Straw</i> Water Iced Tea (no lemon) Hot Tea Skim Milk Hot Cocoa Mix Ovaltine Chocolate Malt Coffee
Miscellaneous:	Vanilla Ice Cream (add chocolate topping) or other flavors Ensure/Slim Fast Jello Pudding Snacks Yogurt

DO NOT EAT OR DRINK THE FOLLOWING FOR 2 WEEKS AFTER SURGERY

No Spicy Foods
No Juices
No Chips
No Popcorn
No Gum Chewing
No Carbonated Drinks