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# DIETARY SUGGESTIONS

## Breakfast

Milk, hot chocolate, tea, coffee

Fruit juices

Stewed fruits, prunes or similar fruits should be well mashed

Cooked cereals such as: Oatmeal and Cream of Wheat

Eggs - soft boiled, scrambled, poached or soft fried

Bread - whole wheat preferred. Avoid breads with seeds

Liquid protein drinks

## Lunch and Dinner

Broth, bouillon, soups, stews

Ground beef

Baked or broiled fish

Broiled or stewed chicken (finely chopped)

Potatoes (baked, broiled or whipped)

Asparagus, peas, carrots, string beans

Noodles, cheese and macaroni

Cottage cheese, cream cheese, canned or cooked fruits

Fresh vegetable juices, cooked vegetables

Milkshakes, pudding, jello, custard, ice cream

A blender may be used to prepare the foods

Eat three balanced meals each day!

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