

Saratoga Schenectady
Endoscopy Center, LLC
Burnt Hills, N.Y. 12027

GENERAL LIQUID DIET

<u>FOOD</u>	<u>FOODS ALLOWED</u>	<u>FOODS AVOIDED</u>
Beverages	Coffee, Tea, Carbonated Beverages	Alcoholic Beverages
Milk	All milk and milk products, milkshakes and eggnog	NONE
Bread	NONE	ALL
Cereal	Strained and refined cereal such as: Farina, cream of wheat, or cream of Rice and oatmeal gruel	All others
Egg	None, unless served in beverages and dessert	All others
Meat or Fish	Pureed meats used in soups	All others
Vegetables	Pureed mild vegetables used in soups Tomato juice	All others
Potato or substitute	Pureed form used in soups	All others
Fruit	Strained fruit juices or fruit drinks such as Kool Aid	All others
Dessert	Custards, simple puddings, junket, plain flavored gelatin, fruit ices, plain ice cream, and sherbet	All others
Cheese	None, unless in a soup	All others
Soup	Strained cream soup, broth, consommé or broth	All others
Sweets	Sugar, honey, syrup or molasses	All others
Miscellaneous	Salt, nutmeg, vanilla, chocolate and lemon	All others