



Midwest Therapeutic Endoscopy Consultants

## Full Liquid Diet

Jell-O

Milkshakes made with fat free frozen yogurt

Soup broth

Soda

Juices-apple, grape, cranberry

Tea

Coffee

Crystal Light

Gatorade

Lemonade/orange juice

Chicken noodle soup

Tomato soup

Thinned cream of wheat/oatmeal with non-fat milk

Non-fat/low fat yogurt without fruit

Puddings

Soft cooked eggs